

The Ultimate Allergy-Free Snack Cookbook: Over 100 Kid-Friendly Recipes for the Allergic Child



Filesize: 6.42 MB

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)

THE ULTIMATE ALLERGY-FREE SNACK COOKBOOK: OVER 100 KID-FRIENDLY RECIPES FOR THE ALLERGIC CHILD



Square One Publishers. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.2in. x 7.5in. x 0.4in. Kids love snacks. While these unhealthy commercial products are a problem for any child, they pose a special danger when kids have food allergies, since nearly all supermarket treats contain dairy, eggs, wheat (gluten), soy, peanuts, or tree nuts—the six key foods that cause over 80 percent of all food allergies. To help parents gain some control, Judi and Shari Zucker have written *The Ultimate Allergy-Free Snack Cookbook*, a collection of over one hundred nutritious and delicious allergen-free treats. The book begins by looking at food allergy basics. This is followed by a complete recipe section of both sweet and savory treats, including Party Snacks, Travel Treats, Lunch Box Snacks, and Sport Snacks. Throughout, you will find useful tips and suggestions to help make it easier to prepare healthful snacks and introduce them to your kids. No parent wants to say no when their child asks for an mid-morning or afternoon snack. With over one hundred natural, healthful, tasty treats to choose from, not only will you say yes to your child, but you'll feel good about it. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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