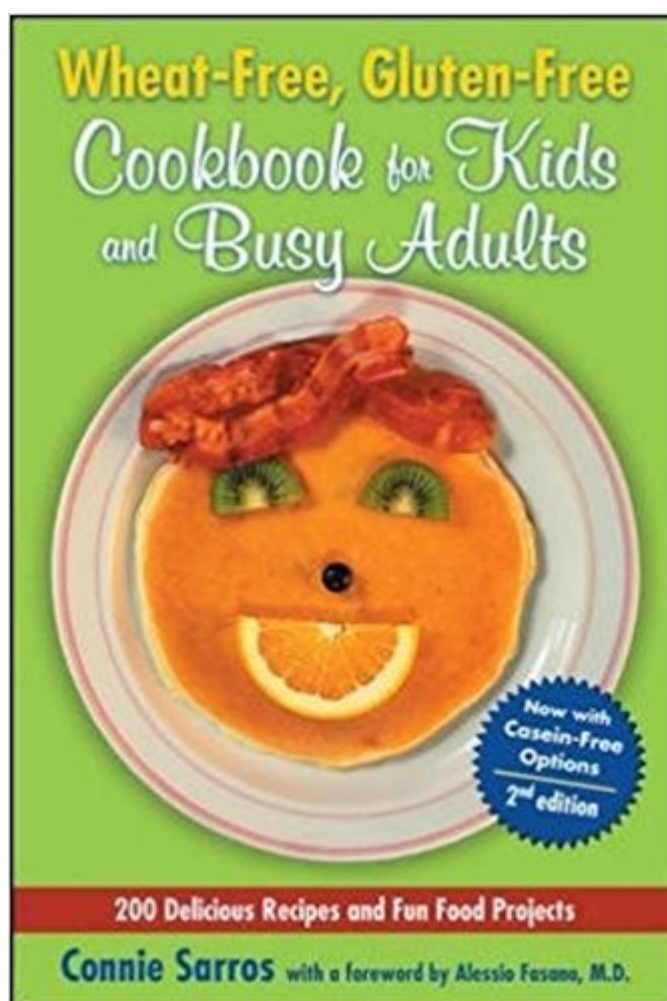


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# Wheat-Free, Gluten-Free Cookbook For Kids And Busy Adults, Second Edition



## Synopsis

EASY-TO-MAKE GLUTEN-FREE RECIPES THAT SATISFY EVEN the MOST FINICKY EATERS

“This book is a wonderful addition to the increasing variety of resources available to people who require a gluten-free diet. It is easy to read and the content is superb!”

Peter H.R. Green, M.D., Celiac Disease Center, Columbia University

“When you need a meal and don’t have much time or energy, you’re sure to find something you can pull off-and smile while you’re doing it.”

Ann Whelan, Editor/Publisher of Gluten-Free Living

“Connie once again shows us that the gluten-free diet is not restrictive but merely a variety of delicious

substitutions.”

Elaine Monarch, Founder/Executive Director, Celiac Disease Foundation

Put away the complicated cooking gadgets: a wheat- and gluten-free diet for your kids just got easier!

All the recipes in this completely revised second edition are simple to make for busy parents on the go, and they conform to new gluten-free guidelines. Written by celiac-disease authority Connie Sarros, the recipes run the gamut from simple treats to hearty meals and are sure to please your child without sacrificing nutrition! Includes Casein-free options and nutritional breakdowns for all recipes Tips on how to read labels and packages to be sure that ingredients are gluten-free Hints on meal planning and cooking basics Simple dishes that even kids can make for themselves

## Book Information

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## Customer Reviews

Connie Sarros has been preparing wheat-free, gluten-free recipes for over fifteen years, since her father was diagnosed with celiac disease. A popular speaker, she is well-known in celiac circles,

lecturing regularly at celiac conferences, health-food stores, and hospitals and has earned the nickname “The Gluten-Free Guru.” Her work has been featured in First Magazine and Cooking Light.

Fun ideas but photos would be great.

My family and I have really enjoyed this cookbook and the ingredients for the recipes have not been hard to find. I have a son with Celiac Disease and Type 1 Diabetes so I really appreciate that there are nutritional facts listed for each recipe. Some of our favorite recipes are Beefy Bean & Tater Casserole, Four-Ingredient Casserole, Spaghetti Pie, Baked Chicken Stew & Spanish Rice. So far all the recipes we have tried have been quick and easy and our kids have had no complaints. This cookbook also includes some recipes for kitchen projects such as Scented Gift Ornaments, Face Paint, a Bird Feeder, Eggshell Art & Potpourri. I can't wait to try the Rocky Road Bars, Toffee Squares, Lemon Sugar cookies & Frozen Chocolate Peanut Butter Pie. This cookbook also includes casein-free options & recipes for a Basic Gluten-Free Flour Mixture & a High Fiber, Gluten-Free Flour Mixture.

Satisfied with purchase.

My 10-year-old son loves using this cookbook :)

My great-granddaughter was very excited over the book I gave her. She plans to do a lot of cooking at 10 yrs. old. I was impressed with all the directions.

My granddaughter loves this cookbook! She was recently diagnosed with Celiac disease, so it has been a real help!

Delicious recipes!

Recipes are better for adults then kids. A lot of recipes are very bland.

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