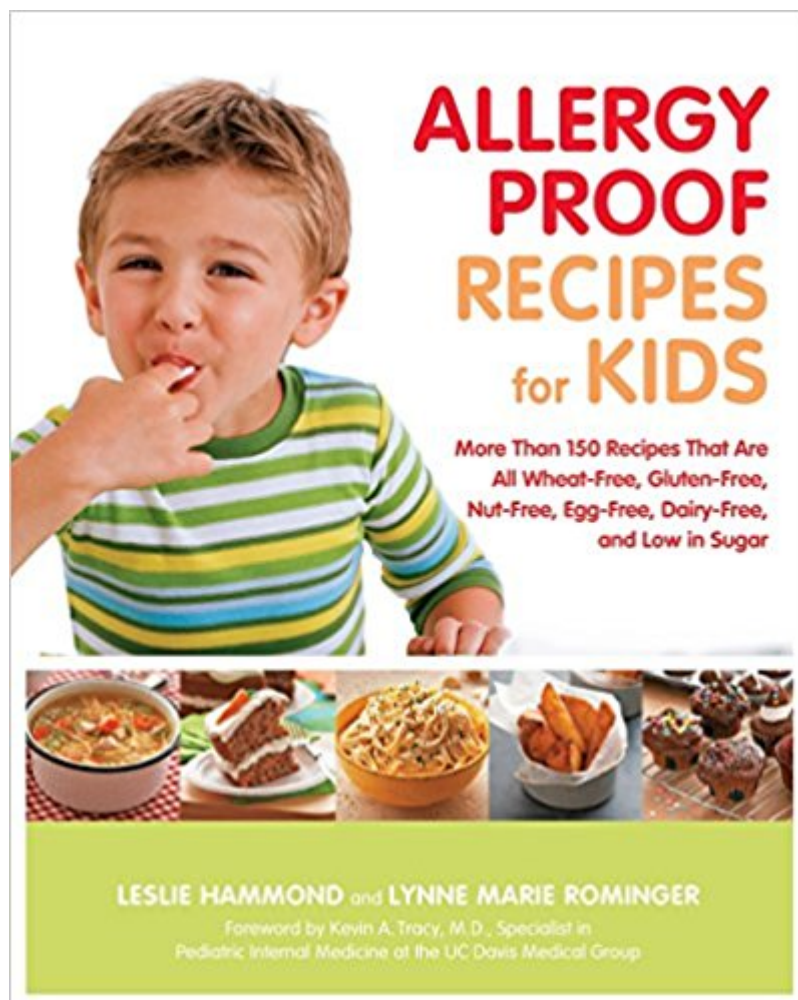




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# Allergy Proof Recipes For Kids: More Than 150 Recipes That Are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free And Low In Sugar



## Synopsis

Each of the 150 recipes included in this family-friendly cookbook are free of gluten and the eight most common allergens thus taking the guesswork out of determining which recipes are safe and which are a risk. Culinary expert, Leslie Hammond teaches readers how to use naturally allergy-free ingredients and substitutes to add richness, texture, pizzazz and nutritional content to meals without losing the "yummy" factor.

## Book Information

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## Customer Reviews

Leslie Hammond is an expert on cooking for people with cooking allergies. She appears regularly on TV stations all over Northern California doing cooking segments about allergy-free cooking. She runs her own business called Fancy-Free, which specializes in allergy-free birthday cakes, catering, and more. She's from Davis, California. Leslie Hammond is a culinary expert who focuses on allergies and allergy-free goods. She regularly appears on television in Northern California, and runs her own business, Fancy-Free, which creates allergen-free birthday cakes and foods for event catering.

I love that the recipes are not only easy, they actually taste good. I bought this book because I got tired searching the internet for hypoallergenic recipes that don't work, especially, cakes, pancakes, etc. The recipes here do hold up well even without eggs and using different kinds of flour. My child is allergic to eggs, wheat, dairy, soy, yeast, etc. And I found great recipes here to try

I ordered this recipe book for my sister, her son suffers from all the major allergies, and as he grows, she's been struggling with new ideas for meals. This book not only gives you straightforward recipes and ideas, but offers substitutes, which takes the guesswork out of wondering if something is ok to use/eat. The recipes are simple, which I think most moms are looking for, since we are all so busy and want the best for our kids.

This book is amazing! There are so many awesome recipes. They're really simple yo make too.  
Love it

Between my son and I, we have intolerances to wheat, dairy, corn, soy, eggs, nuts, yeast and a few others. Finding interesting and tasty recipes is really a challenge. I have a few cookbooks that are go-to resources for me and this one is a treasure!The great thing about this cookbook is that it not only has great recipes for basics that I need (the pie crust is so tasty and easy to make!) but it also has great ideas for new dishes. For example, the Pastitsio recipe is something I would never have thought of myself, but my son absolutely loves it and asks for it again and again. If you have to cook for a multiple-food allergic person, you know a recipe like that is priceless.The oatmeal cookies - fabulous. Buttermilk pancakes - delicious. The granola bar recipe makes great granola cereal.This cookbook is now one of my go-to resources. I very highly recommend it, whether you have kids or not.

We love this book, our youngest son has many food allergies and this has it all breakfast lunch dinner and snacks and desserts. We've been trying new recipes for the kids each week and they even have been helping too. Our other two sons even are eating the food made from this book.

Great cookbook! I have been cooking allergy free for my son for approx 2 years now. He is allergic to eggs, soy, dairy, wheat and tree nuts. It is hard to find a cookbook that is sensitive to all of the top 8 allergens. This one does, with the exception of just a couple of recipes. I purchased this cookbook to find some new ideas. I have started to notice that the varying cookbooks tend to rely on one specific type of gluten free flour. This one is rice flours and tapioca flours which can have a little grittier taste. The last cookbook I used it was oat flour (Sophie Safe) and those recipes tend to crumble. It is nice to have a few new recipes and to try new ingredients to see which ones work for you. I still love Sophie Safe, but am enjoying this cookbook just as much! If you cook for someone

with allergies, you know how challenging it can be. I would recommend this cookbook highly!! Good luck!!

My boys have severe dairy allergies. I'm not a cook or a baker, well I guess now I am but not inherently. I borrowed this book at the library. When I saw how many "tags" I placed in the book of all the recipes I wanted to copy, I realized I just needed to buy it!! The recipes are explained very well, they don't require a lot of unfamiliar ingredients. There are a few that I hadn't used before but you can easily find them in any organic part of your regular grocery store. The author tends to use the same ones through out the recipes so once you have that ingredient, you're set. I only wish there were more pictures but thats just because I really like to go by the pictures, not a huge drawback but just to mention it.

The thing I like about this cookbook is that instead of just saying "gluten free flour blend" it will tell you exact amounts of what type of flour/starch to use, That said, my first recipe from it was a complete mess. My 2 yr old loves brownies and hasn't had any since we determined she has a gluten allergy. So I made the frosted brownies recipe.....there must be a problem with the ingredient amounts, because 1/2 cup of shortening to 1 cup of flour results in a nasty greasy curdled chocolate mess. She tried to eat it. Picked at it a little bit, but it just wasn't appealing. And once it cooled down completely you could see pools of fat. I'm hoping the other recipes will be better. I also question the lack of corn meal/flour in the recipes labeled "tamale" casseroles. I really wonder if these got tested at all after they were put in and before publishing.....

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