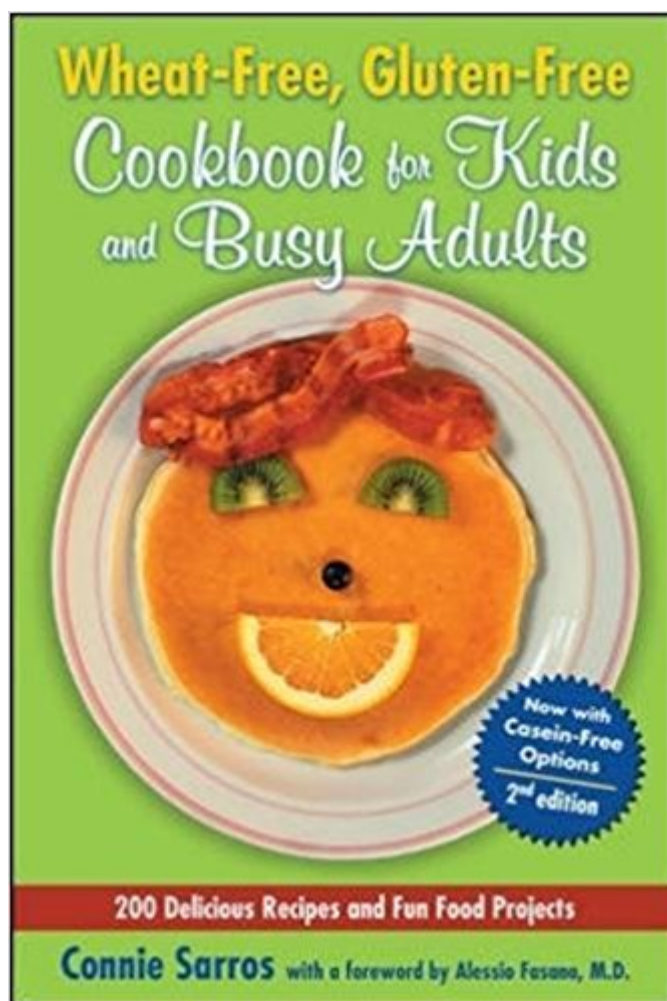


The book was found

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

â œThis 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!â • Peter H.R. Green, M.D.,

Celiac Disease Center, Columbia University â œWhen 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.â • -Ann

Whelan, Editor/Publisher of Gluten-Free Living â œConnie once again shows us that the gluten-free diet is not restrictive but merely a variety of delicious substitutions.â • -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

Paperback: 224 pages

Publisher: McGraw-Hill Education; 2 edition (September 24, 2009)

Language: English

ISBN-10: 0071627472

ISBN-13: 978-0071627474

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 32 customer reviews

Best Sellers Rank: #495,099 in Books (See Top 100 in Books) #82 inÂ Books > Health, Fitness &

Dieting > Diets & Weight Loss > Wheat Free #140 inÂ Books > Cookbooks, Food & Wine >

Special Diet > Wheat Free #184 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss >

Gluten Free

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 than kids. A lot of recipes are very bland.

[Download to continue reading...](#)

Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1)

Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook) Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Second Edition Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The Easy Gluten-Free Cookbook: Fast and Fuss-Free Recipes for Busy People on a Gluten-Free Diet Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Gluten Free: Gluten Free Cookbook For Moms (Gluten Free AWESOMENESS 1) Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1) A Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low Carb,Gluten free, Weight loss Book 1) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Low-Carbing Among Friends, Jennifer's Eloff's Recipe Collection-2: 100% Gluten-free, Low-carb, Atkins-friendly, Wheat-free, Sugar-Free, Recipes, Bestseller Diet Cookbook series Low-Carbing Among Friends, Jennifer's Eloff's Recipe Collection-1: 100% Gluten-free, Low-carb, Atkins-friendly, Wheat-free, Sugar-Free, Recipes, Bestseller Diet Cookbook series SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party

Contact Us

DMCA

Privacy

FAQ & Help