



Dairy-free &/or Wheat-free &/or Soya-free BUT Always Totally Nut-free Family Cookbook

Clare Constant, Suzanne Wood

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At last an easy-to-use restricted diet cookbook with 100+delicious recipes that everyone in your family can enjoy whether it's dairy &/or wheat &/or soya and nuts that individual members have to avoid. The book's 'every recipe for everyone' system allows you to choose how to cook each recipe safely for your family - with or without dairy, wheat or soya, but always completely nut-free and always using readily available supermarket ingredients. You'll be spoilt for choice. Not only are our 100+ easy-to-follow recipes delicious but we also suggest numerous tasty flavour variations. Recipes include: crispy chicken bites, fishcakes, pizzas, traditional roast beef with Yorkshire pudding, home-made pasta, gooey chocolate and pear pancakes, lemon tart, quick snacks, lunch-box fillers, tea time treats such as scones, biscuits, muffins and the all-important chocolate birthday cake. . Easy-to-follow, safe and delicious recipes . Information about dairy, wheat, soya and nuts . Clear explanations of food allergy and intolerance . Discussion of diseases linked to these key ingredients . Advice on making sure a restricted diet is healthy . Busy cook's shopping and cooking tips . Separate baby and toddler recipe sections . Recipes that children on restricted diets can learn to cook for themselves Bestselling educational writer Clare Constant has teamed up with former Home Economist of the Year and Cordon Bleu trained Suzanne Wood to produce this Family Cookbook. 'My toddler, Sophie, is allergic to dairy, wheat, soya, fish and nuts. When she was diagnosed I longed for a cookbook to help her thrive and me, a working mum, to survive. There wasn't one, so I wrote one.' Clare Constant 'We have food allergies in our family but my kids demand to be fed "normal food" like their school friends - so I developed these recipes to make sure they can. Now, when their mates come home for tea, they can't tell the difference!' Suzanne Wood '... the author's offer very practical, ingenious and creative solutions for the preparation of nutritious, healthy and tasty meals, while staying away from the various types of foods that allergic members of the family should avoid.' Dr Diab F Haddad MD MRCPCH Consultant Paediatrician St Peter's Hospital, Surrey.

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