



Allergy-free Cooking for Kids: More than 90 Yummy Savories & Sweets

Pamela Clark

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With childhood allergies more widespread and severe than ever, there has never been a better time or greater need for this cookbook. It offers 90 everyday recipes for simple, tasty choices that will help parents cope with cooking for their food-sensitive child. The dishes include gluten-free, dairy-free, egg-free, and nut-free options for every meal as well as after-school snacks, sweets, and party treats.

Try Banana Pancakes, Hoisin & Barbecue Chicken Rolls, Rice Moussaka, Minty Lamb Cutlets with Mixed Veggie Smash, Berry Frangipane Tarts, and more!

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