

The Gluten-free Cookbook for Kids



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

THE GLUTEN-FREE COOKBOOK FOR KIDS



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Gluten-free Cookbook for Kids, Adriana Rabinovich, Having to follow a gluten-free diet can be a daunting prospect for children and young adults - they feel isolated at a time when their friends are enjoying everything from bread, pizza and pasta, to crisps, cakes and biscuits. Yet with supermarkets now stocking many gluten-free ingredients, you can make versatile, healthy and enticing gluten-free meals that will appeal to all the family. Based on recipes created for the author's own daughter, The Gluten-free Cookbook for Kids includes: Over 100 recipes from crispy chicken nuggets and quick pizza to birthday cupcakes and peanut butter cookies; Top Ten kids' favourite dishes; A list of store cupboard essentials; Creative ideas for special treats, healthy snacks and lunchboxes; Top tips for eating out, travelling and school trips. The Gluten-free Cookbook for Kids will solve many of your mealtime dilemmas and help your child to learn what they can and can't eat. An essential guide for any gluten-free family.



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