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# The Gluten-Free Cookbook For Kids: 101 Exciting And Delicious Recipes



## Synopsis

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; a list of store cupboard essentials, creative ideas for special treats, healthy snacks, top tips for eating out, and more. *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.

## Book Information

Paperback: 224 pages

Publisher: Random House UK (August 1, 2009)

Language: English

ISBN-10: 0091923891

ISBN-13: 978-0091923891

Product Dimensions: 6 x 0.7 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,792,110 in Books (See Top 100 in Books) #89 in Books > Teens >

Hobbies & Games > Cooking #1571 in Books > Cookbooks, Food & Wine > Special Diet >

Allergies #2169 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

"An important step forward in helping people prepare and serve safe and nutritious food. With easy to follow recipes" -- Giorgio Locatelli "Plenty of simple recipes, packed lunch ideas and practical tips for looking after a child with coeliac disease" -- Coeliac UK "A very useful book, simple to read and and with valuable advice" -- Dr Muftah Eltumi, Consultant Paediatric Gastroenterologist

Adriana Rabinovich trained at Leith's School of Food and Wine in the UK, then set up her own catering business, followed by The Little Red Barn in 1996. When her daughter was diagnosed with Coeliac disease at the age of eighteen months, Adriana used her catering and cooking knowledge

to create recipes that not only worked for Ruthie's needs but appealed to children. This is the result.

I purchased this book so my wife could bake for our granddaughter. The cooking calls for things that are not even found around here. Suppose I could sell it to someone over seas. Total waist of money!!!!!!

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