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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

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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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