



# Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Second Edition

*Connie Sarros*

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# Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Second Edition

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Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Second Edition Connie Sarros

**EASY-TO-MAKE GLUTEN-FREE RECIPES THAT SATISFY EVEN the MOST FINICKY EATERS**

*“This book is a wonderful addition to the increasing variety of resources available to people who require a gluten-free diet. It is easy to read and the content is superb!”*

**Peter H.R. Green, M.D., Celiac Disease Center, Columbia University**

*“When you need a meal and don't have much time or energy, you're sure to find something you can pull off and smile while you're doing it.”*

**-Ann Whelan, Editor/Publisher of *Gluten-Free Living***

*“Connie once again shows us that the gluten-free diet is not restrictive but merely a variety of delicious substitutions.”*

**-Elaine Monarch, Founder/Executive Director, Celiac Disease Foundation**

Put away the complicated cooking gadgets: a wheat- and gluten-free diet for your kids just got easier! All the recipes in this completely revised second edition are simple to make for busy parents on the go, and they conform to new gluten-free guidelines.

Written by celiac-disease authority Connie Sarros, the recipes run the gamut from simple treats to hearty meals and are sure to please your child without sacrificing nutrition!

Includes

- Casein-free options and nutritional breakdowns for all recipes
- Tips on how to read labels and packages to be sure that ingredients are gluten-free
- Hints on meal planning and cooking basics
- Simple dishes that even kids can make for themselves

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#### **Bryan Smith:**

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#### **Kevin Gans:**

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Second Edition can be good book to read. May be it can be best activity to you.

#### **Jo Lee:**

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