



Kids Eat Free: 50 Allergy Friendly Recipes Kids Love to Cook and Eat

Stephanie Policar

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Kids CAN eat free ... of gluten, dairy, and nuts! • Are you or someone in your life gluten-free? Dairy-free? Nut-free? • Feel like your food choices are limited? • Want your kids to have fun in the kitchen and discover nutritious foods they'll love? Kids Eat Free is for you! In this book, you and your kids will learn how to make over 50 ALLERGY-FRIENDLY, ROCKIN' GOOD RECIPES that the whole family will enjoy. No need to miss out on your favorites or feel deprived. You'll find everything from smoothies and frittata muffins to mac n' cheese and chocolate cake! All recipes are free of gluten, dairy, and many other allergens.

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