



## Fearless Food Allergy-Free Recipes for Kids (Paperback)

By Katrina Jorgensen

Coughlan Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Let s get cooking with more than 100 allergy-free recipes for kids! Fun, delicious and easy-to-make breakfasts, snacks, sides, main dishes and desserts avoid the Big-8 food allergens whenever possible. A graduate of Le Cordon Bleu College of Culinary Arts, Chef Katrina Jorgenson has created amazing recipes that avoid milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans. Plus, the recipes are easy enough for kids to make on their own. The whole family will love Baked French Toast with Homemade Blueberry Sauce, Pumpkin Seed Pesto Pasta, Creamy Mac and Cheese, Banana Ice Cream and so much more!.

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