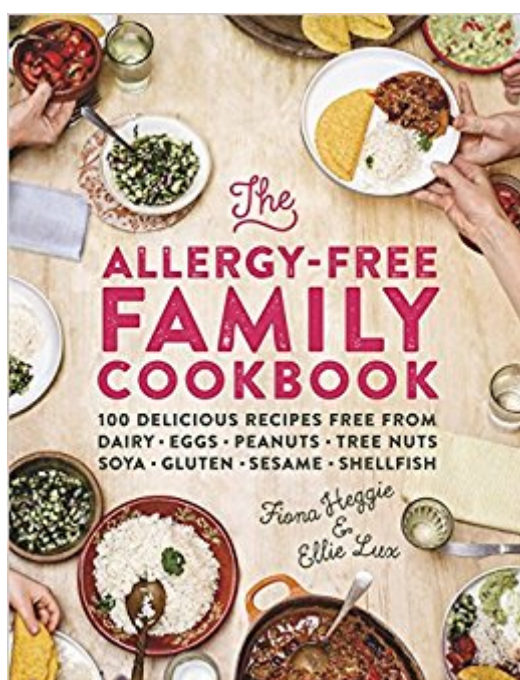


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# The Allergy-Free Family Cookbook: 100 Delicious Recipes Free From Dairy, Eggs, Peanuts, Tree Nuts, Soya, Gluten, Sesame And Shellfish



## Synopsis

It's daunting when your child is diagnosed with a food allergy but just because they're allergic to one, or indeed, several types of food doesn't mean that they can't eat delicious meals with the rest of the family, benefit from a healthy, balanced diet or (should they deserve them!) have tasty treats. From shepherd's pie, risottos, Thai curries and casseroles as well as cakes and desserts, The Allergy-Free Family Cookbook is packed full of 100 nutritious recipes, which allow everyone around the table to enjoy the same meal. Using ingredients that can be readily found in supermarkets, each recipe is free from all eight major food allergens: dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish.

## Book Information

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## Customer Reviews

Food allergies are on the rise, and many home chefs have had to become familiar with tiptoeing through the minefield of irritating and/or dangerous ingredients in order to get a meal on to the table that all can tuck into with comfort, safety and enjoyment. It is that last element that is often challenging to conjure in the allergy-aware kitchen. But now two mothers whose children have significant food allergies have come up with a cookbook that puts the fun back into allergy-free cooking while also delivering a wealth of practical, jargon-free advice on the practical aspects of cooking, shopping and eating out. Parents who are just coming to terms with their child's allergies will find the section on labelling particularly useful. -- Andrew Baker Daily Telegraph Many parents of children with allergies will no doubt heave a sigh of relief at this cookbook. Borne from the

experiences of two mums with children who have multiple allergies, the dishes are free from dairy, eggs, peanuts, tree nuts, soya, gluten, sesame and shellfish. What's left I hear you cry? Well, quite a lot actually; sweet and sour pork, shepherd's pie, lamb kebabs and chilli nachos being just a few, with sweet treats like banana bread, chocolate cake and ice lollies. Best of all, there are tips on everything from how to deal with birthday parties, eating out and travelling, as well as packed lunch ideas. Waitrose Weekend Got kids with food intolerances? Whip up these 'free-from' recipes - no dairy, eggs, peanuts, gluten or shellfish, no problem! Essentials

As mothers of children with multiple allergies, authors Fiona Heggie and Ellie Lux have years of expertise catering for restricted diets. As well as providing easy-to-make recipes, they also offer tips on day-to-day practical aspects of managing food allergies from eating out, checking labels, to going to birthday parties and starting school.

So excited to get this new book. I love the recipes that are so quick and easy to make. It is written by two British mums and all the ingredients are really easy to get in my local stores in Brooklyn. All the recipes are free from 8 major allergens and the recipes give advice about what you can add back in if you are not allergic. I would definitely recommend this book to anyone with an allergy, especially multiple allergies or intolerance. So pleased I purchased this book!

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