



# **201 Gluten-Free Recipes for Kids: Chicken Nuggets! Pizza! Birthday Cake! All Your Kids' Favorites - All Gluten-Free!**

*Carrie S. Forbes*

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Carrie S. Forbes

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## Flavorful, gluten-free meals that will leave kids begging for more!

Every year, millions of children are diagnosed with celiac disease or gluten intolerance, but the dietary changes necessary to treat them don't always come easy. *201 Gluten-Free Recipes for Kids* helps you create a variety of mouthwatering meals and snacks for your child--all without the ingredient you worry most about: gluten. From breakfast staples like Oatmeal with Cinnamon Apples to tasty treats like Chocolate Coconut Brownies, this book transforms your kid's favorite foods into nutritious dishes they can eat. Best of all, your entire family will enjoy digging into these gluten-free meals with delicious recipes, like:

- Blueberry apple muffins
- Shepherd's pie
- Barbecue chicken pizza
- Easy pasta salad
- Trail mix
- Chocolate chip cookies

Complete with step-by-step instructions, cooking substitutions, and beautiful four-color photographs, *201 Gluten-Free Recipes for Kids* shows you that you don't need to completely overhaul your child's diet or spend all day reading labels in order to raise a happy and gluten-free kid.

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