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Gluten-Free Family Favorites: The 75 Go-To Recipes You Need To Feed Kids And Adults All Day, Every Day



Synopsis

This kid-friendly cookbook from category-leading authors has gluten-free families covered, every day of the week. Cooking and sharing meals is something every family should be able to enjoy together—even if one or more family members eats gluten-free. If your household is avoiding gluten, this book will lead the way to recreating your family's old favorites, and introduce you to a few new ones, too! Gluten-Free Family Favorites is an accessible, photo-filled cookbook that makes gluten-free cooking fun, with 75 recipes designed to meet your family's everyday needs (and wants!), including: breakfasts to start the day off right (French Toast Sticks, Banana Muffins, Pancakes) snacks and sides that satisfy (Cashew Coconut Chia Squares, Soft Pretzels) balanced dinners (Pumpkin Gnocchi Nuggets, Spaghetti Bolognese, Quesadillas) familiar classics (Personal Pizzas, Fish Sticks, Chicken Fingers) tasty treats (Apple Cider Donuts, Waffle Cones, Chocolate Peanut Butter Brownies) Alongside such kid-tested and approved recipes, Gluten-Free Family Favorites teaches the ins and outs of a gluten-free diet, including how to maintain a gluten-free kitchen, avoid cross-contamination, reduce the higher grocery bills that can come with a gluten-free diet, and empower children to select and prepare food for themselves. Each recipe includes a full-page color photo, Kids Can tips to get kids cooking, and modifications for families avoiding other allergens or eating a vegetarian or vegan diet. With delicious recipes and a wealth of advice, this will be an indispensable addition to your family's cookbook shelf.

Book Information

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Customer Reviews

This is my third book from the Bronski's and is definitely one of my favorites! I am a long time celiac with multiple food allergies and my children have multiple food allergies as well. Gluten free cookbooks do not always work for us as they tend to use bean, oat or almond flours -all of which we cannot have. This flour mix used is whole grain and free of all of those offending flours! The only change I made to the mix is to sub in arrowroot starch for cornstarch. Every recipe has additional ingredient substitution recommendations specifically designed for each recipe. This is huge! Most cookbooks you are either on your own or they give generic recommendations with no certainty that they actually work well with their recipes. All of the recommended substitutions I tried worked seamlessly in this cookbook. So what have I tried so far? One of the first recipes was for the blueberry muffins. The first time I made it, I prepared it as shown with the streusel topping and subbed in rice milk for the half and half and flax eggs for the egg. They came out great! The second time I made them, I eliminated the streusel topping and actually like them better. The muffin was moist and perfectly sweet. I do not like cloyingly sweet things. I made mine a full muffin rather than mini. The second item I made was the Sandwich bread. This was not my favorite as I subbed in Vance's Dairy Free powder for the milk powder and flax eggs for the eggs. This was my first time using the Vance's and hated it. I am going to try to eliminate the milk powder or find rice milk powder next time around. I usually bake vegan bread as I do not like eggs in my bread -it creates an off smell the next day. The third recipe I tried was the flour tortillas.

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