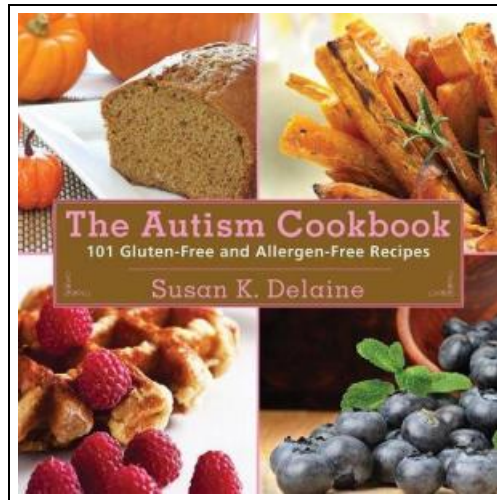


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Reviews

Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Lori Terry)

AUTISM COOKBOOK: 101 GLUTEN-FREE AND ALLERGEN-FREE RECIPES (PAPERBACK)



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Skyhorse Publishing, United States, 2012. Paperback. Condition: New. Updated, Revised. Language: English . Brand New Book. Join the countless other families who have discovered enormous improvement in their autistic children through diet - now featuring new recipes, new photos, new alternative ingredients, and the same beautiful design and delicious food that made the original edition so popular. Written by a mother of a child with autism and numerous food allergies, this book is a simple and easy guide to preparing family-friendly meals that can improve a child's digestion and immunity. Recipes are all free from wheat, rice, barley, oat, egg, milk, soy, peanut, tree nuts, fish and shellfish. All recipes are gluten-free and casein-free and alternatives to refined white sugar are offered in recipes that require a sweetener. So dive in and try the delicious Brownie Bites, Peachy Corn Bread, Thai Noodles with Sesame Butter Sauce, Quinoa Stir Fry, Raw Korean Cucumber Kimchee, or Berry Breakfast Bars - or simply enjoy a big helping of Sweet Potato Pie. GFCF cooking can be tough but Susan guides you skillfully through the basics and delivers these delicious, tried-and-tested family recipes from her kitchen to yours. It also features twenty highly nutritious raw food recipes.



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