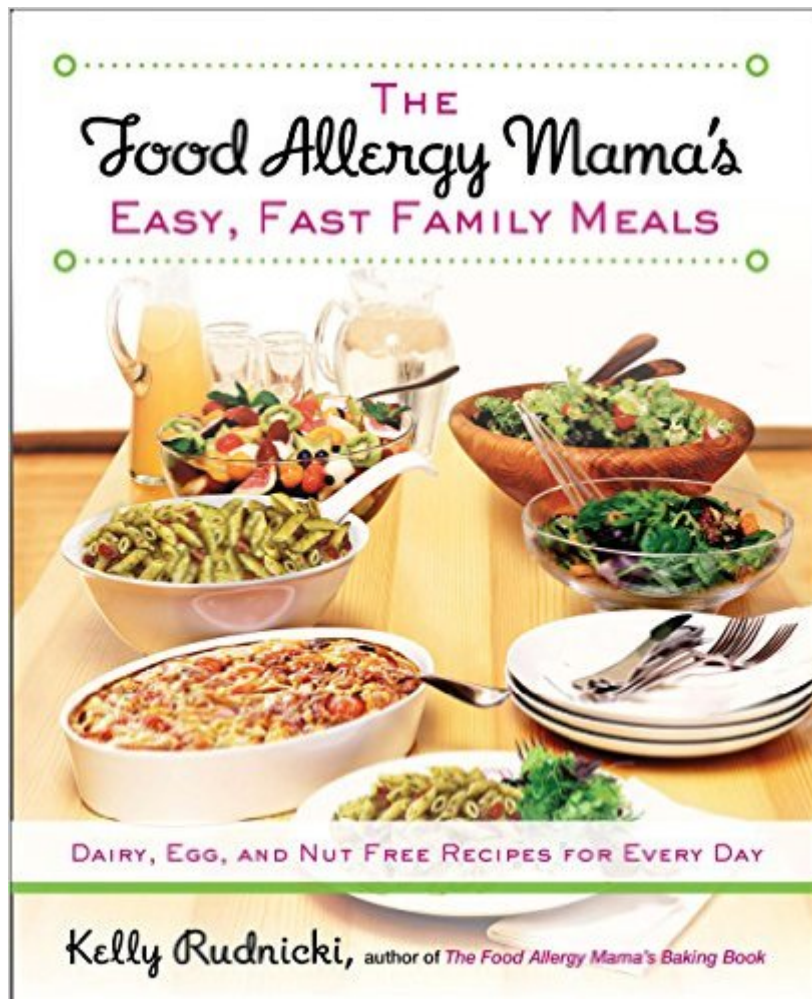


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# The Food Allergy Mama's Easy, Fast Family Meals: Dairy, Egg, And Nut Free Recipes For Every Day



## Synopsis

As the busy mother of five young children, Kelly Rudnicki faced a daily challenge when it came to feeding her family. Things got even more complicated when one of her sons was diagnosed with severe food allergies. Launching the Food Allergy Mama website, she struck a chord with parents and home cooks in similar situations and made it her mission to prove that allergen-free meals can be easy and flavorful. Showcasing the very best of Rudnicki's repertoire, *The Food Allergy Mama's Easy, Fast Family Meals* makes it simple to please a hungry crowd. Rudnicki purposely tests her recipes on friends and neighbors who don't have food allergies just to make sure her cooking tastes like "regular" cuisine. The result is a bounty of delicious offerings, including: Morning Glory Muffins Breakfast Burritos Creamy Tomato Soup Hearty Pasta Featuring Grandma Jeanne's Bolognese Sauce Oatmeal Fudge Bars All recipes are made without milk, butter, cheese, eggs, or nuts. She also includes time-saving tips, and ideas for inexpensive ingredient substitutions, including tofu and applesauce. Menu ideas and holiday celebrations make this book the most comprehensive guide of its kind-a one-stop resource for allergen-free, worry-free home cooking every day of the week.

## Book Information

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## Customer Reviews

Kelly's cookbook is THE go to book for meals for my family. Her recipes are safe for my son who is allergic to peanuts, eggs and dairy products AND the end result is food that my entire family can enjoy. I have visited many blogs and tried many cookbooks that deal with the subject of food allergies and "family friendly" cooking. Kelly by FAR has the greatest understanding of what it is really like to try to prepare tasty, attractive and reasonably healthy recipes for an entire family while

dealing with food allergies. Her ingredient lists are practical and inexpensive. There is nothing "weird" that you will have to buy that will break your family's budget. This review isn't very eloquent, but it is definitely heartfelt! Even if YOUR child doesn't suffer from food allergies, you can buy the book for another mom who is standing in her kitchen right now, scratching her head and wondering what's for dinner with food allergies. Kelly can help her! Thanks, Kelly, for this fantastic book! Your books and blog have changed the way that I view cooking for a child with food allergies -- I'm no longer fearful or stressed thanks to you!

I notice this book uses the dairy-free cheeses, which are not typically free of dairy protein such as whey or casein. These cheeses make my little boy quite ill. Thank you for putting together a nice book; I know these are a lot of work! But I did not want to note for parents of dairy protein allergic kids that this is a concern.

I am so grateful to Kelly's blog and cookbooks for helping my family figure out how to thrive after our youngest daughter was diagnosed with multiple life-threatening food allergies. This cookbook is so practical - with delicious, simple recipes for snacks, weeknight dinners, special occasions, desserts. We have yet to find a cheese substitute that works for us, but this only impacts a few recipes. This book is a one-stop shop for anyone new to navigating food allergies, experienced food allergy families, and anyone curious about how to eat well at home. Thank you for this amazing, accessible resource!

I am loving this cookbook as we have been egg and nut free and low dairy for years. I've created my own recipes but was longing for some new ideas. So far each recipe has been a big hit with my family! So thankful to have a cookbook that meets our families specific needs so I don't have to only go on my own creativity for meals, snacks & desserts! The book is just as it's described on the front cover...Egg, Nut and Dairy Free. This is NOT soy and gluten free, although her recipes are easily adaptable and she mentions that in her cookbook. When your family is limited on what it can eat, you do not further limit yourself if it's not necessary! :) If you need to be free of items other than egg, nut and dairy perhaps this is not the cookbook for you.

I absolutely love this cook book! It's perfect for a busy mommy of 3. My 2 youngest daughters are allergic to dairy, eggs and peanuts. All of the recipes use easy to find 'normal' ingredients that I usually already have in my kitchen. The Mac n cheese is really good and my husband said he

wouldn't have even known it was dairy free. I also recommend Kelly's baking book as well. It is wonderful! These books have made my life so much easier and its such a great feeling to now have delicious safe meals to make my family. Thank you Kelly!

This is exactly what my cookbook collection has been lacking!!! When our daughter was diagnosed with several life threatening food allergies we were at a complete loss of what we were going to eat. Eight years in on this journey it's become easier, but we've grown tired of the same recipes over and over for a few years now. I don't know why it took me so long to order this cookbook!! I've only had it a week and have already tried out ten new recipes, all which have been stellar and kid approved. The ingredient list is simple and made up of basic kitchen staples, and the recipes can easily be adapted to accommodate different food allergies. I can not praise this cookbook enough. My only regret is that I didn't buy it sooner!! Thanks Kelly!

This cookbook is a great resource for good food when we host relatives with dairy, egg & nut allergies. The whole family has enjoyed the meals -- I don't need to make something different for the family members with no allergies. I'm perplexed by people who rate this book lower because it includes recipes with wheat & soy ingredients. READ THE TITLE! Who buys an allergen-focused cookbook without reading the title? I have celiac disease and can't eat wheat. This is not a wheat-free cookbook, but I can easily substitute one of my go-to gluten-free flour blends, and all is well. I did not purchase the book for gluten-free recipes. As noted in the title, the recipes are for Dairy, Egg & Nut Free Recipes. And, the book delivers on its title.

i cannot write enough great things about this book. The recipes are truly easy and are made up of things we would have in our kitchen everyday! Best of all, everything always turn out well because the recipes are easy to follow.

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