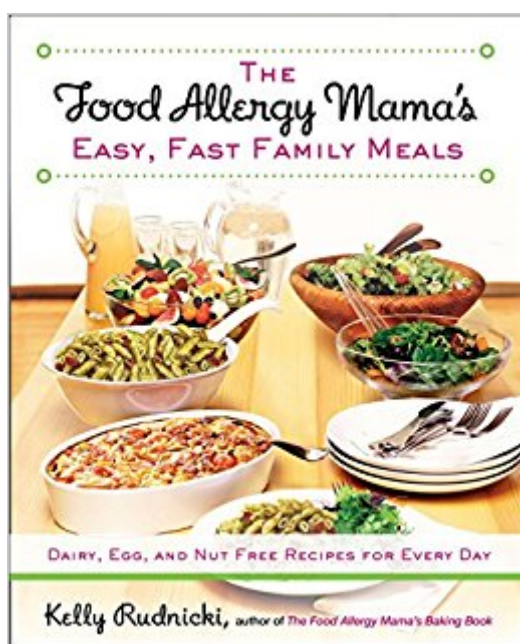


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# The Food Allergy Mama's Easy, Fast Family Meals: Dairy, Egg, And Nut Free Recipes For Every Day



## 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 Rudnicki is the author of *The Food Allergy Mama's™ Baking Book* and *Vegan Baking Classics*. In addition to her own website, she blogs for *Martha Stewart's™ Whole Living* site. She has also contributed to public-school initiatives and has worked as a journalist and producer. She lives in Southern California with her husband and their five children.

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!

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!

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 as just as its 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 its 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 was thrilled to see Kelly published a cookbook since my family and I LOVE her baking book. So far we have tried her "Morning Glory" muffins and the "Sheperd's Pie". Both were delicious and easy to make. Our oldest child has severe allergies to milk, peanuts, tree nuts and eggs. I have tried plenty of other cooking and baking books but Kelly's are by far my favorite. BTW, the "French Pastry" muffins in her baking book are ridiculously good. Thanks for writing such awesome cookbooks for the kiddos out there who need and deserve yummy food!

Good recipes. They don't cover all food allergies but she gives good tips to adapt them.

I so heavily rely on her first book that focuses on baking. It has saved me over the past 5 1/2 years with my allergic daughter. Her blog is actually the only blog I even read (just not a blog reader). I feel as though she has made my life easier in the past and now she has done it again. Not only are these recipes allergy friendly for my daughter, but they give me ideas for meals when I feel like I'm making the same things over and over. AND they are super yummy.....for both of my kids and for my husband and I. Thank you Kelly for doing all of the experimenting for me, and taking the guess work out for someone who is not generally a good cook to begin with. You are a life-saver! (Literally!)

A lot of the recipes are standard recipes that call for dairy free butter or cheese. I was expecting more along the lines of new recipes that avoided the use of those products not just a filler. I can take any recipe and sub those in. That being said, there are some good ideas for dinner in general with kiddos that I'm hoping to try.

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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