



Feeding Your Allergic Child: Happy Food for Healthy Kids

Elisa Meyer

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Forty-eight million children in the United States suffer from food allergies. For their parents, mealtimes can be difficult to plan. Now, with *Feeding your Allergic Child*, there's a solution to the dilemma of what to prepare for the food-sensitive child.

Eliza Meyer's creative, fun and delicious recipes will get your kids to eat, and keep them happy and healthy at the same time. These nutritious dishes will tempt even the most finicky child, while avoiding the four ingredients kids are most frequently allergic to: corn, wheat, dairy and eggs. They can also be modified for other food allergies.

Recipes include:

Fruit shakes, "Small coke", Squash soup, No-vinegar vinaigrette, mock ceaser salad, fish they'll eat, stuff cabbage, vegetable kugel, rice salad, sweet potato chips, almond lace cookies, coconut-almond muffins, and dozens more.

A complete section on how to tell if your child is allergic and tips on coping with the challenges of feeding an allergic child introduces the recipes.

Free of the chemical additives and artificial flavorings of prepackaged and processed foods, the dishes in *Feeding Your Allergic Child* will make your kitchen table a happier and healthier place to be and will show you how to put your food-sensitive child on the road to healthy eating--and living.

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