



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

Kelli Bronski, Peter Bronski

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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.

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Katie Broadnax:

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