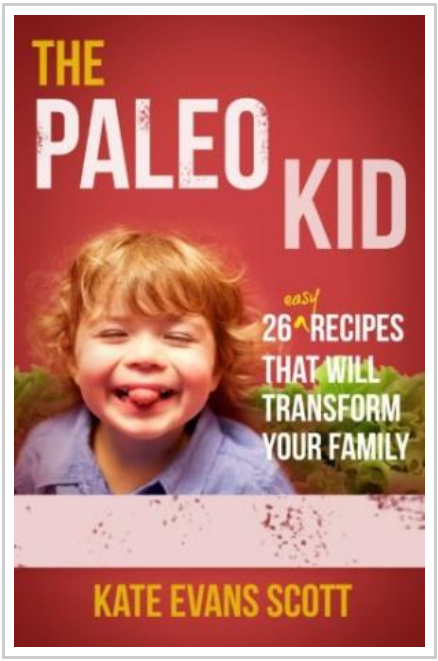


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The Paleo Kid: 26 Easy Recipes That Will Transform Your Family (Primal Gluten Free Kids Cookbook) (Paperback)

By Kate Evans Scott

Kids Love Press, United States, 2013. Paperback. Book Condition: New. 206 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. Looking For Gluten Free, Grain Free Delicious Paleo Recipes That are Easy To Prepare and That Your Kids Will Love? An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. This book will help you get back to basics and cook real whole foods with your children, without all the processed fillers, by making cooking fun and educational. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and great tips for including children in the cooking process. The Paleo Kid makes eating healthy simple with 26 kid tested recipes for breakfast, lunch, dinner and snacks that the whole family will love! Comfort foods that not only nourish, but satisfy cravings by steering your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. The recipes in this book are perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from Autism, ADHD, and...

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