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Cool Recipes for Your Health: Cool Wheat-Free Recipes

Leah Christopher

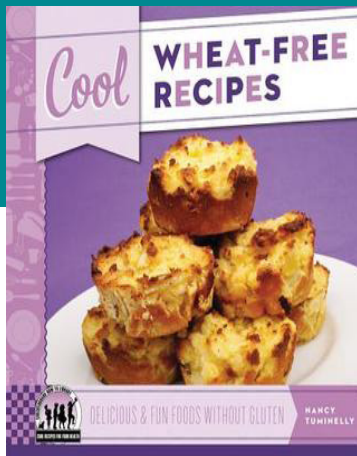
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Book Review

Cool Recipes for Your Health: Cool Wheat-Free Recipes

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Illustrator

Reviewer

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Rating

Excellent

Level

Intermediate

Pages

32

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Blueberry pancakes, cheesy lasagna, chicken fingers, chocolate cupcakes, and pineapple muffins—make these foods and more without gluten! Since some children do not eat gluten, this book offers delicious alternatives. It also introduces children to the vocabulary and basic skills of cooking. Check out the table of contents or the index to select a tasty recipe, scan the pages on ingredients and kitchen tools to prepare to cook, and watch out for definitions of cooking terms and photos that match important steps in each recipe. Learn tips about a gluten-free diet and look up the web links listed for more details. Most of all, have fun cooking scrumptious food!

Although the Internet offers a plethora of readily accessible recipes, not many are written at an age-appropriate level for young cooks, so this book can come in handy. The simple language and step-by-step instructions seem appropriate for children ages eight and up who are cooking alongside an adult. Be aware that the recipes require a few out-of-the-ordinary ingredients that act as substitutes for wheat (xanthum gum, potato starch, rice flour, millet flour, tapioca flour, amaranth flour, sorghum flour, amaranth flour). Children who have celiac disease or who avoid gluten for other reasons may feel special to find a resource geared toward their nutritional needs.