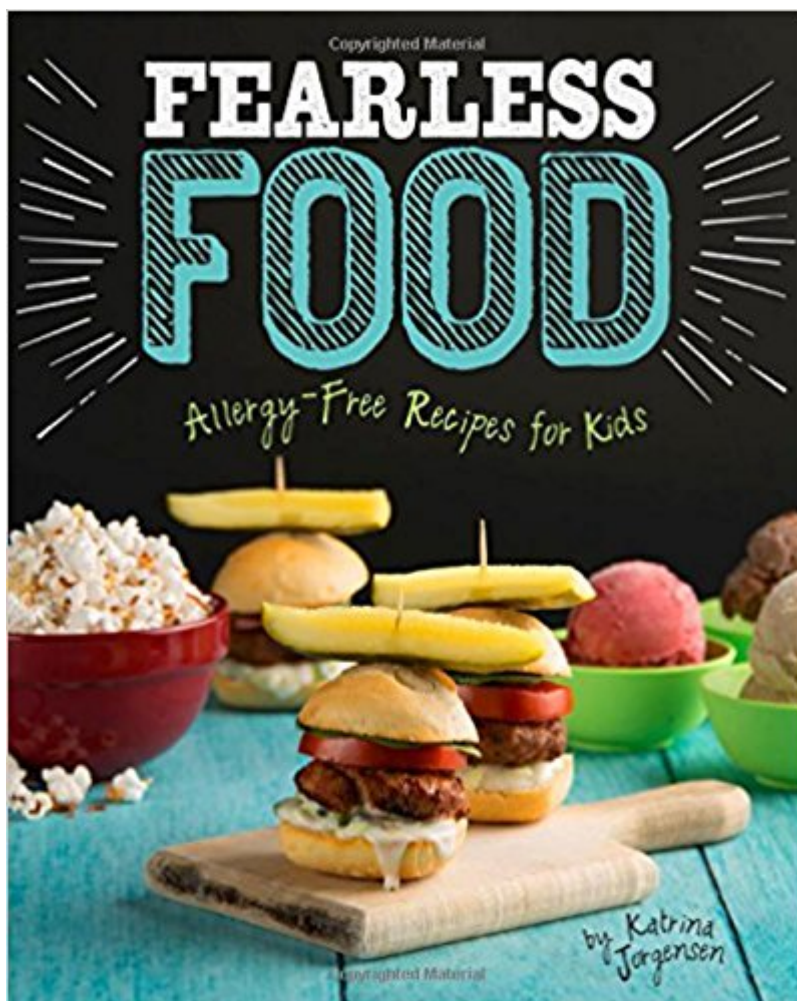


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# Fearless Food: Allergy-Free Recipes For Kids (Allergy Aware Cookbooks)



## Synopsis

Let's get cooking with more than 100 allergy-free recipes for kids! Fun, delicious and easy-to-make breakfasts, snacks, sides, main dishes and desserts avoid the Big-8 food allergens whenever possible. A graduate of Le Cordon Bleu College of Culinary Arts, Chef Katrina Jorgenson has created amazing recipes that avoid milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans. Plus, the recipes are easy enough for kids to make on their own. The whole family will love Baked French Toast with Homemade Blueberry Sauce, Pumpkin Seed Pesto Pasta, Creamy Mac and Cheese, Banana Ice Cream and so much more!

## Book Information

Series: Allergy Aware Cookbooks

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Product Dimensions: 7.9 x 0.4 x 9.9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 5 customer reviews

Best Sellers Rank: #726,038 in Books (See Top 100 in Books) #207 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #461 in Books > Children's Books > Children's Cookbooks

Age Range: 8 - 14 years

Grade Level: 3 - 4

## Customer Reviews

Katrina Jorgensen is a graduate from Le Cordon Bleu College of Culinary Arts. She enjoys creating and sharing recipes with her friends and family. She lives in Rochester, Minnesota, with her husband, Tony, and dog, Max.

This is a fun book--my child was perusing my library copy, tried a couple recipes, and begged for me to buy it. This says a lot, as she is not at all interested in cooking or baking or making fun food.

Love that this book includes real recipes as opposed to your every day boring meals. Keeps the

kids and parents happy with new ideas and not eating the same thing all the time.

New disclaimer due to new rules: I was gifted a free electronic copy of this book, via Netgalley, by the publisher. I am not obligated, nor being forced, to post a review. I'm doing it of my own free will as I enjoy reviewing. On advice from , and based on their emailed reply I can say "My review is given voluntarily and the Author/publisher does not require a review in exchange for the book, or attempt to influence my review." Sadly, this cook book wasn't everything I had hoped it would be. Firstly, it is presented as being a child friendly cookbook and worded in such a way as to suggest that children can cook the recipes. Some of them? Yes. Most of them? No. And I don't just mean young children, there are some I would be wary of my kitchen savvy 12 year old trying without assistance. So, yes it might be a cook book aimed for feeding children, but not a cookbook teaching children how to cook for themselves despite its childlike appearance and formatting. Secondly, I know it says in advance it's only looking at the big 8 allergies, but stating there are no major allergies is rather misleading as some people may take it to mean this is a safe thing to make and then feed it to someone with say salicylate or allium issues and then wonder why they got sick. These might not be part of the big 8 but they are big issues in my line of food prep and so this book is rather useless to us because of it. Normally I don't take offence to recipes that use allium. I'm used to it; I know allium allergies and intolerances are thought to be minor league. But to dismiss them entirely? Just put me off this book in the first recipe and I never really recovered enough to like it a heck of a lot. I mean, yes, there are some good recipes in there, but they are few and far between. Any recipe that calls for a packet of this or a tin of that while proclaiming it is a healthy whole food cook book also will get the squinty eye from me. This book got the squinty eye. Okay, I want to say something nice so | The formatting was good " childish, but good. Clear and precise and basic instructions easy to follow (but when you say use a packet of so and so, instructions will be easy). I did find some of the pictures confusing and misleading as they showed images of foods that were for recipes later on in the book | as if they had to advertise things to come to keep you interested. It might work better in paper format, but when reading an electronic copy, it just added a dimension of clutter and confusion. This book is also marketed for an American audience. No biggie, I am used to that when working with Netgalley and accept it as part of the deal. But it did narrow the field down even more for those who can read, use and enjoy this book. Yes it starts with a great little conversion table at the front, big thumbs up there, but it then uses those pre-mades |ve

mentioned and without knowing the ingredients and being unable to buy those items outside of the USA those recipes therefore become useless to try. So if pre-mades must be used, add a glossary explaining them maybe? Please note that I personally feel cook books that try and tackle multiple food allergies as a thing tend to fail miserably. They up sell themselves and then can't follow through on being THE food friendly cook book. It would have worked much better as a whole food, real food (besides the pre-mades) cook book that offered suggestions on how to make things say dairy free, nut free or gluten free. Trying to cover all those bases just let it down and meant it didn't really help many of those with food intolerances and allergies. I mean, saying "if you have a wheat/gluten intolerance, use a GF flour" as a tip. Uh, yeah, thanks! I figured that out in all the other books I use containing wheat. How about just cooking without it? Would I recommend this book to others? No I wouldn't, sorry. In this day and age of online recipe databases, there are far better (free) options out there teaching people how to cook foods for those with food allergies, intolerances and similar issues. This book is too sporadic and the wording just too misleading to be something I would recommend. Would I buy this book for myself? I'm pretty sure we all know that answer, right? No, I can't say I would as, again, there are a lot of much better resources available to me that are far more flexible at meeting our dietary needs. In summary: Yes this book might be helpful to some with food allergies, but not that fearless as I'd hoped.

Anyone who has children understands the daily struggle with food. We want our kids to be healthy and they want food that tastes good. The struggle really gets real when one of your children has an allergy to a certain food type. This brings on a whole other struggle and adds more pressure to your day. Fearless Food by Katrina Jorgensen is a cookbook that is geared towards children's tastes. It steers clear of the "Big 8" food allergens and each recipe is supposed to be easy enough that your child could make it with little help from an adult. I decided since this review is focused on recipes for kids that I would let my 10 and 12 year old boys help me review it. We all agreed that the overall look of the book was great. The colors are bright and vibrant and the pictures of each dish are very appetizing. I wanted each boy to pick out a recipe for us to possibly try and each of them struggled with this task. When I read through the Table of Contents I found many recipes I would love to try but from a kids point of view they were just not feeling it. When I asked them what it was about the recipes they didn't like they couldn't really say. I think it could be that many of the dishes are out of our normal daily eating and that could be what was scarring them off. As they flipped through the book they would point out a certain recipe that they thought might be interesting but then then would

read the ingredients and there would be one item they don't like so they would dismiss it. Gotta love picky eaters. What I really liked about Fearless Food was that it had an explanation on what a food allergy is as well as a conversion chart right at the beginning of the book which is very handy. What I wasn't too happy about was that I thought this book was focused on children as a whole but upon further inspection realize that though the recipes are formatted for children, many of them I would not trust my boys to cook on their own. All in all, I would say that this is a decent cookbook for what it is. The layout is clean and easy to read and the recipes are appealing but I wish there would've been more tips for getting your children involved with the cooking process.\*I received a complimentary copy of this book in exchange for an honest review

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