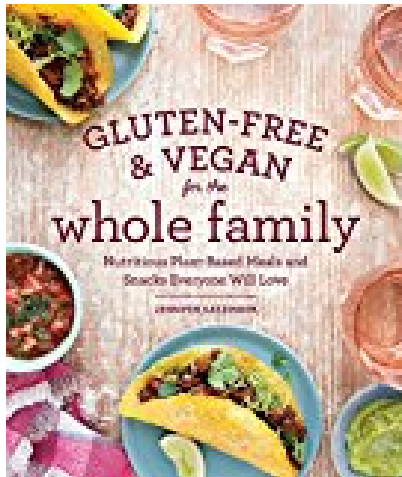


# Gluten-Free & Vegan for the Whole Family Nutritious Plant-Based Meals and Snacks Everyone Will Love

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## BOOK DETAILS

- Author : Jennifer Katzinger
- Pages : 208 Pages
- Publisher : Sasquatch Books
- Language : English
- ISBN : 1570619557

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## BOOK SYNOPSIS

With food allergies and sensitivities continuing to rise, particularly among children, and more people embracing the health benefits of a plant-based diet, these delicious and nutritious recipes are egg-free, dairy-free, gluten-free, and mostly soy-free, and will satisfy even the pickiest eater at the table. Arranged by meals (including snacks), these 90 kid-friendly recipes will make planning easy, and simplify cooking gluten-free and vegan food for the entire family. Nutritionist Raven Bonnar-Pizzorno writes the foreword, giving the recipes her stamp of approval for both kids and adults.

### **GLUTEN-FREE & VEGAN FOR THE WHOLE FAMILY NUTRITIOUS PLANT-BASED MEALS AND SNACKS EVERYONE WILL LOVE**

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