

Allergies? Try these...

Preparing a snack for your child's class becomes an impossible task upon receiving the cautionary e-mail listing every student's allergies. One in every 25 children has a food allergy, but only eight foods account for 90 percent of all allergies. If basics like wheat and dairy are out, what's left? Consider these cookbooks for some fresh (allergen-free) ideas.

■ The Allergen-Free Baker's Handbook

Cybele Pascal (Ten Speed Press, 2009, \$25)

Features 100 satisfying recipes that eliminate the eight most common allergens – milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat. Try glazed vanilla scones, chocolate chip muffins and savory red velvet cake. Pascal covers all the traditional favorites – muffins, scones, biscuits, cookies and much more. Vegan parents will enjoy the selection of sweet treats as well!

■ The Everything Guide to Cooking for Children with Diabetes

Moira McCarthy with Leslie Young, M.D. (Adams Media, 2009, \$15.95)

Create fun and healthy meals for diabetic children from this selection of 200 recipes. The meals are arranged by occasion – holiday treats, party food, quick lunches, simple dinners and more. Try "The Ultimate Grilled Cheeseburger Sandwich" or the chocolate cheesecake mousse. Snack ideas include pepperoni chips, fruit dips and honey raisin bars.

■ Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults

Connie Sarros (McGraw Hill, 2009, \$16.95)

The book's second edition includes more quick and easy recipes for those with celiac disease. The new edition includes 180 revised recipes that follow new gluten-free guidelines (plus dairy-free options), a combination which some studies show can improve symptoms of autism. Try the breakfast enchiladas, pumpkin bread and the "finger-lickin' great" chicken nuggets.

– Melanie Wagner

