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# Gluten-Free Family Favorites: The 75 Go-To Recipes You Need To Feed Kids And Adults All Day, Every Day



## Synopsis

This kid-friendly cookbook from category-leading authors has gluten-free families covered, every day of the week. Cooking and sharing meals is something every family should be able to enjoy together—even if one or more family members eats gluten-free. If your household is avoiding gluten, this book will lead the way to recreating your family's old favorites, and introduce you to a few new ones, too! *Gluten-Free Family Favorites* is an accessible, photo-filled cookbook that makes gluten-free cooking fun, with 75 recipes designed to meet your family's everyday needs (and wants!), including: breakfasts to start the day off right (French Toast Sticks, Banana Muffins, Pancakes) snacks and sides that satisfy (Cashew Coconut Chia Squares, Soft Pretzels) balanced dinners (Pumpkin Gnocchi Nuggets, Spaghetti Bolognese, Quesadillas) familiar classics (Personal Pizzas, Fish Sticks, Chicken Fingers) tasty treats (Apple Cider Donuts, Waffle Cones, Chocolate Peanut Butter Brownies) Alongside such kid-tested and approved recipes, *Gluten-Free Family Favorites* teaches the ins and outs of a gluten-free diet, including how to maintain a gluten-free kitchen, avoid cross-contamination, reduce the higher grocery bills that can come with a gluten-free diet, and empower children to select and prepare food for themselves. Each recipe includes a full-page color photo, "Kids Can" tips to get kids cooking, and modifications for families avoiding other allergens or eating a vegetarian or vegan diet. With delicious recipes and a wealth of advice, this will be an indispensable addition to your family's cookbook shelf.

## Book Information

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## Customer Reviews

“The Bronskis make a strong argument for family cooking as an opportunity to teach children about food, promote healthier choices and inspire them to try new things. . . . The book facilitates this with food and kitchen safety tips plus kid-friendly kitchen tasks for each recipe.”

• The Oregonian “[A] great collection of easy, foolproof recipes for those of us who would like to get dinner (and maybe even dessert!) on the table as often as possible.”

• Silvana’s Kitchen “[The treats in] Gluten-Free Family Favorites are so good that loved ones won’t taste a difference.”

• Closer Weekly “With delicious recipes and a wealth of advice, this will be an indispensable addition to your family’s cookbook shelf.”

• A Beautiful Little Life blog “Kelli and Peter Bronski offer us a wealth of recipes, designed with gluten-free families in mind. I love that this food is easy to make but still full of flavors. I want to make the Cashew Cream Scones, Breaded Zucchini Chips, and the Coconut Shrimp with Mango Dipping Sauce now! With three small children, the Bronskis know how to feed kids who need to live without gluten and get them involved in the cooking too.”

• Shauna James Ahern, author of *Gluten-Free Girl Every Day* and *Gluten-Free Girl and the Chef: A Love Story with 100 Tempting Recipes* “The Bronskis excel at developing kid-friendly, gluten-free recipes, and the 75 dishes in *Gluten-Free Family Favorites* won’t disappoint. But more than just a collection of delicious and nourishing recipes, *Gluten-Free Family Favorites* goes beyond, encouraging families to cook together as a means of bonding and forming healthy lifelong relationships with food. In a time when so many people are losing touch with their kitchens, I welcome Kelli and Peter’s advice on empowering our children to take control of their health through cooking.”

• Laura B. Russell, author of *Brassicas* and *The Gluten-Free Asian Kitchen* “For gluten-free households with children, it can be daunting to figure out what delicious dishes to safely serve everyone. The Bronskis have solved the problem with *Gluten-Free Family Favorites*. The gorgeous photos of every recipe invite you in and tempt you to preheat the oven immediately. And the recipes, such as French Toast Sticks, Sweet Potater Tots, Pupusa Pockets, Breaded Zucchini Chips, Soft Pretzels, and Apple Cider Donuts are not just tasty, but also offer allergen-free substitutions and a whole section on what kids can do to help. From the crash course in *Gluten 101*, to tips on supermarket savviness, to all the beautiful, fun-to-eat recipes, *Gluten-Free Family Favorites* is sure to become your most loved go-to cookbook.”

• Kyra Bussanich, author of *Sweet Cravings: 50 Seductive Desserts for the Gluten-Free Lifestyle* and three-time Food Network Cupcake Wars champion “I wish Peter and Kelli would adopt me into their family! Their

focus on using familiar, accessible ingredients and clever recipe twists always yields flavorful food the whole family will enjoy. — Silvana Nardone, author of *Silvana's Gluten-Free and Dairy-Free Kitchen: Timeless Favorites Transformed and Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy, Delicious Meals* — “Gluten-Free Family Favorites is a gift to those looking for recipes to feed the whole family, whether gluten-free or not. There’s no weird food here, just good food that happens to be gluten-free. In addition to the scrumptious lineup of 75 recipes, several additional features set this book a step above the rest. Of particular note, the “Kids can . . .” sidebars are tremendously helpful. If you are just getting used to cooking gluten-free, or to cooking, period, you can certainly use the extra hands in the kitchen, and when kids help cook, they’re guaranteed to eat it. Also significant are the alternatives at the foot of every recipe to help adapt these recipes to other dietary restrictions, such as dairy-free, nut-free, or vegan. While the recipes are notably kid-centric, they will appeal both to the kids and to the kid in all of us. These delicious home-style recipes are sure to keep your family happy, healthy, and busy in the kitchen for years to come. — Cybele Pascal, author of *Allergy-Free and Easy Cooking* and *The Allergen-Free Baker's Handbook* and founder of *Cybele's Free-to-Eat* — “If you have gluten-free kids, then you need this cookbook! Peter and Kelli teach the essentials of the gluten-free kitchen, plus share ways to get your little helpers involved. It is an invaluable resource for families living a gluten-free lifestyle, who not only want food that’s nutritious and safe to eat, but also delicious meals that are truly enjoyable for everyone at the table (gluten-free or not). I know this is a cookbook that my family will use for years to come! — Alison Needham, founder of *A Girl Defloured*

Kelli Bronski is a graduate of Cornell University’s prestigious School of Hotel Administration, a ten-plus year veteran of the hospitality and restaurant business, and a lifelong baker and cook. — She lives in Boulder, Colorado, with her husband and coauthor, Peter Bronski. Peter Bronski is the coauthor of *Artisanal Gluten-Free Cooking* and *Artisanal Gluten-Free Cupcakes* and founder of the blog *No Gluten, No Problem*. Despite his celiac disease, he enjoys adventure sports, is a former Xterra off-road triathlon U.S. national championship competitor, and is currently an ultramarathoner.

The book was good. The recipes and tips are very well put together. Very clear photographs of the foods. It was informative and has some recipes I can't wait to try. But as far as being "favorites" recreated to be gluten free, I was a bit disappointed. Also I misread the title, thinking it was favorites

for "kids" because of the covers appearance. it says "family. Which should have been my first clue. For example the only mac and cheese recipe is for a pesto mac and cheese, and it is bright green...lol! So I will have to continue my search for my picky 4 year old that will not eat anything out of this book. :/

This is a good cookbook for gluten-free families, especially ones with very young children. I especially appreciate the "substitutions" feature in each recipe, so that if you want to make something dairy-free (or other allergan-free) as well, it's very easy to do. But I still find myself using my copy of the Bronskis' other book Artisanal Gluten-Free Cooking far more frequently. There's far more variety, and more interesting recipes. If you're choosing between the two, definitely go for the second one!

Didn't like this as much as I thought I would. Too many simple recipes I could have already figured out on my own. I was looking for more.

This book is perfect for any family wanting to begin Gluten free for children. The pictures helps a lot. The recipes are delicious. Some of the recipes we did was beef stroganoff, chicken tenders and the fried rice. The kids loved it.

Good

I like the basic-ness of the recipes and the familiarity of ingredients (if you are accustomed to the ingredients used in gf cooking/baking). This cookbook is not overwhelming for a beginner to gluten free cooking.

The Bronski's books for gluten-free are a must have! I haven't had a recipe fail yet and they all turn out deliciously!!

Own all of their books now and love them!! The recipes always turn out the way they are supposed to.

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