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The Paleo Kid: 26 Easy Recipes That Will Transform Your Family (Primal Gluten Free Kids Cookbook)

Kate Evans Scott

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"Looking For Gluten Free, Grain Free Delicious Paleo Recipes That are Easy To Prepare and That Your Kids Will Love?

An Allergy-free, Whole Foods Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children.

This book will help you get back to basics and cook real whole foods with your children, without all the processed fillers, by making cooking fun and educational. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and great tips for including children in the cooking process. 'The Paleo Kid' makes eating healthy simple with **26 kid tested recipes** for breakfast, lunch, dinner and snacks that the whole family will love!

Comfort foods that not only nourish, but satisfy cravings by steering your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. The recipes in this book are perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from Autism, ADHD, and Asthma.

This Gluten Free, Kid Friendly cookbook contains:

26 delicious recipes for breakfast, lunch, dinner, and snacks

Step-by-step instructions on how to cook really tasty quick foods that even the busiest families will love.

Tips and Techniques on how to involve children in the cooking process, and ways to make the transition to a Paleo diet easier for little palates.

Suggestions for Kitchen tools to make food preparation easy and fun.

Recipes that are nourishing and completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar.

Budget friendly options so you can eat well without breaking the bank.

Some of the delicious recipes included are:

Paleo NoOatmeal Chicken Fingers Sweet Potato Fries Blueberry almond mini muffins ....and more!

Can't wait to dig in....

Scroll to the top of the page to download this book now and make cooking time - fun time for the whole family!

About The Author

Kate Evans Scott is a stay at home mum to a preschooler and a toddler. In her former life she worked in Graphic Design and Publishing, which she now draws from to create inspiring books for young children and their parents.

Her passion for writing began with her preschooler who is an encyclopedia of all things animal, vegetable and mineral. With a deep inspiration to create books to satisfy his desire to learn, and his love of food, Kids Love Press was born.

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Rebecca Bonnett:

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