

Recipes and tips for wholesome, homemade meals without gluten, artificial colors and preservatives.



Gluten Free

Real Food Recipes for Kids

Tracey Black

70+
kid-tested
recipes



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Dedication

Thank you to my family – especially my husband and children – for their support and inspiration for this book. I couldn't have done this without you.

And a special thank you to my mother-in-law who helped me with the bread recipes and has been a great influence for me in the kitchen.

I'd also like to dedicate this book to my readers and parents with children who have gluten allergies. I hope this book will help you on your journey to gluten-free, processed-free living.

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Chapter 1: Gluten Free Doesn't Mean Processed Free

Gluten-free foods have become widely available, which is a god-send to parents who have gluten-free kids, yet the information about what's really healthy has becoming murkier than ever before. Many people think gluten-free means healthy, but nothing could be further from the truth. That's why it's important to read food labels and get educated on what the ingredients on a food label really means.

Decoding Food Labels

Food labels have become increasingly difficult to understand. Labels such as “wholesome”, “whole grains” and “made with real fruit” are often written all over packaged foods in the grocery store, but these words really have little meaning. These are all marketing tactics to get you to buy food that is usually poor in nutritional quality or loaded with processed ingredients.

For example, many mainstream boxed cereal companies are now promoting their products as gluten-free – such as crisp rice cereal or corn puffs. While many of these products are gluten free and even tout on the box as free of artificial colors and flavors, they still have a preservative called BHT, or butylated hydroxytoluene, a preservative in food and personal care products. BHT has been linked with health conditions as benign as skin and eye irritation to more severe issues like organ system toxicity (and a carcinogen in animal studies).¹

But looking at the cereal box, you'd never know. There are labels of “nutritious” and “gluten free” plastered on the box, along with a label for a non-profit organization supporting celiac disease – which doesn't mean said organization supports the boxed cereal company, it means the cereal company donates some proceeds to the non-profit. But to the average consumer, it looks like an endorsement.

Chemical Food Additives to Avoid

So what ingredients should you avoid? In the book **Food Rules: An Eater's Manual**, food journalist and author Michael Pollan recommends to avoid eating foods with ingredients that a third-grader can't pronounce. Indeed, reading a food label can often seem like reading a foreign language, so when in doubt don't eat it.

Here's a quick guide to **Chemical Food Additives to Avoid**.

Ingredient	Potential Health Issues	Commonly Found In
Artificial sweeteners such as aspartame, acesulfame potassium and saccharin	May cause neurological disorders, seizures, migraines and believed to be carcinogenic	Diet and sugar-free foods such as sodas, pudding, yogurt
Artificial food colors (such as red dye 40)	Linked to behavior issues in children	Candy, cereals, sports drinks, ice cream, fruit cocktails, other drinks
Artificial flavors, including Amyl Acetate (pear / banana) Vanillin (vanilla) Carvacrol Caramel cinnamyl formate (cinnamon) Benzaldehyde (almond)	Linked to fatigue, headaches, allergies, respiratory issues, cancer and other issues	Artificial flavor extracts, fruit juices, sodas, coffee-flavored syrups, condiments, packaged foods
Benzoates (such as sodium benzoate)	Linked to skin rashes and allergies	Fruit jam and jelly, fruit juices, sodas, coffee-flavored syrups, condiments
BHT (butylated hydroxytoluene), BHA (butylated hydroxyanisole), TBHQ (tertiary butylhydroquinone)	Linked to neurological issues, behavioral problems and believed to be carcinogenic	Cereals, potato chips, gum, shortening, candy
Bisphenol-A (BPA)	Linked to infertility, hormone disruption and believed to be carcinogenic	Canned foods

Ingredient	Potential Health Issues	Commonly Found In
Brominated vegetable oils	Linked to organ damage, skin lesions, memory loss and nerve disorders	Sports drinks, sodas
Hydrogenated and partially hydrogenated oils	May increase the risk of blocked arteries	Shortening
Mono and di-glycerides	Linked to birth defects and possibly cancer	Peanut butter, ice cream, bakery products, chewing gum, shortening, whipped toppings, margarine
Monosodium glutamate (MSG), yeast extract	Linked to headaches, fatigue, obesity and depression	Canned soup, frozen dinners, lunch meat, seasonings, snack foods, sauces
Phosphoric acid	Destroys tooth enamel	A key ingredient in many sodas
Potassium bromate	Linked to cancer in animals	White flour, breads and rolls
Refined sugars such as high fructose corn syrup, corn syrup	Linked to diabetes, obesity and mood disorders	Breads, candy, flavored yogurt, cereals, condiments, salad dressings and many other foods
Sodium nitrate	May cause migraines and believed to be carcinogenic	Cured meats such as deli meat, hot dogs, sausages, beef jerky and other processed meat
Sodium sulfite	Linked to asthma, breathing problems, headaches and rashes	Wine and dried fruit
Sulfur dioxide	Linked to bronchial issues and hypotension	Soft drinks, dried fruit, juices, vinegar and some potato products

Sources: 1, 2, 3, 4, 5

Whole Foods Market, for instance, will not carry foods with these chemical additives and ingredients. See their full list of [unacceptable food ingredients](#). In addition to these chemical food additives, you should avoid the following foods and drinks as they provide low to no nutritional value and may lead to a host of other health issues.

Hummus with Fresh-Cut Vegetables

This is a great after-school snack to give to hungry kids. Serve it up with your kids' favorite fresh-cut vegetables. Another option is to crisp 2-3 [Gluten-Free Flour Tortillas](#) in a skillet for 2-3 min on each side then cut in six triangle shapes.

Makes 4-6 servings



Ingredients

- 3/4 cup of dried, organic garbanzo beans
- 1 clove of garlic
- Juice of 2 lemons
- 4 tbsp organic tahini
- 2-3 tbsp organic, extra virgin olive oil
- 1-2 tsp Himalayan Pink Crystal salt, to taste
- 1 tbsp fresh parsley, finely chopped

Directions

1. Soak dried garbanzo beans in water overnight (at least 12 hours). This helps to remove phytic acid and makes the beans more digestible.
2. When the beans are ready, rinse out and cook in a pot of water for about an hour until the beans soften. Drain beans and let cool.
3. Combine all ingredients except fresh parsley in food processor. If consistency is a little dry, add up to 3 tbsp of water to get desired consistency.
4. Serve in a bowl and garnish with parsley.

Banana Bread

This banana bread is so delicious – you won't believe it's gluten-free. Try mini loaf pans to get the perfect mix of a moist center and firmness in the edges.

Makes 1 regular loaf or 2 mini loaves



Ingredients

- 2 cups [all-purpose gluten-free flour](#)
- 1 tsp baking soda
- 1 tsp aluminum-free baking powder
- 1 tsp Celtic sea salt
- 2 eggs (or egg replacer equivalent such as Ener-G)
- 1 cup organic muscovado sugar
- 4 ripe bananas, mashed
- 1 tbsp unfiltered raw unfiltered apple cider vinegar
- 1 tsp vanilla extract
- 1/2 cup organic coconut oil
- 1 tsp cinnamon

Directions

1. Pre-heat oven to 350 degrees.
2. Mix all dry ingredients together.
3. Beat eggs together and then add to the dry ingredients.
4. Add all other wet ingredients and mix until sticky. Don't over mix.
5. Bake in loaf pan for 70 min (or 2 mini loaf pans for 60 minutes) or until done - test with a toothpick through the center of the bread; if it comes out clean it's done.

End of Preview

Thank you for reading a preview of [Gluten Free, Real Food Recipes for Kids](#).

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