

Family Resource Center

There are a variety of allergen-free cookbooks available at the Family Resource Center. Visit the website for more information: <https://www.chw.org/patients-and-families/milwaukee-campus/inpatient-visit/during-your-stay/family-resource-center>

FARE Cookbooks

Cooking Allergy-Free Everyday

This FARE cookbook has great family recipes that are sure to make everyone's mouth water. Full of main dishes, snacks, and delicious desserts, it also has a shopping checklist for a well-stocked and allergen-free pantry. Includes tips on maintaining a balanced diet.

The Food Allergy News Holiday Cookbook

Stuffed with more than 150 tempting recipes! This cookbook offers helpful tips for substituting foods, cooking, and hosting safe celebrations through the year. It also features FARE's most popular seasonal dishes for Christmas, Hanukkah, Thanksgiving, Easter, and other holidays. With many common allergens avoided in every recipe, this will be your first reference for festive, allergen-free recipes.

Cooking Together: Recipes for Parents and Kids

This award-winning cookbook is full of lots of fun activities in the kitchen. It provides a good way for parents to spend time with their kids while making tasty, allergen-free foods. Cooking with a favorite adult helps kids learn to take control over their special dietary needs.

Other Cookbooks

***The Allergen-Free Baker's Handbook* by Cybele Pascal**

100 tried-and-true recipes that are free of milk, soy, wheat, eggs, peanuts, tree nuts, fish, and shellfish.

***Sophie-Safe Cooking* by Emily Hendrix**

Family friendly recipes that are free of milk, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. Includes recipes for breakfast items, main dishes, side dishes, salads, and desserts.

***Great Foods Without Worry* by Cindy Moseley**

More than 90 delicious recipes that are free of wheat, egg, nuts, milk, soy, and gluten. This book also had ingredient definitions and baking tips.

***The Whole Foods Allergy Cookbook* by Christine Fusillo, M.D.**

200 gourmet and homestyle recipes for the food allergic family.

***What else is to eat?* by Linda Marienhoff Coss**

More than 145 kitchen-tested recipes. This book also has menus and a glossary of cooking terms.

There are hundreds of allergen free cookbooks available. Search online to find more cookbooks that meet your needs.