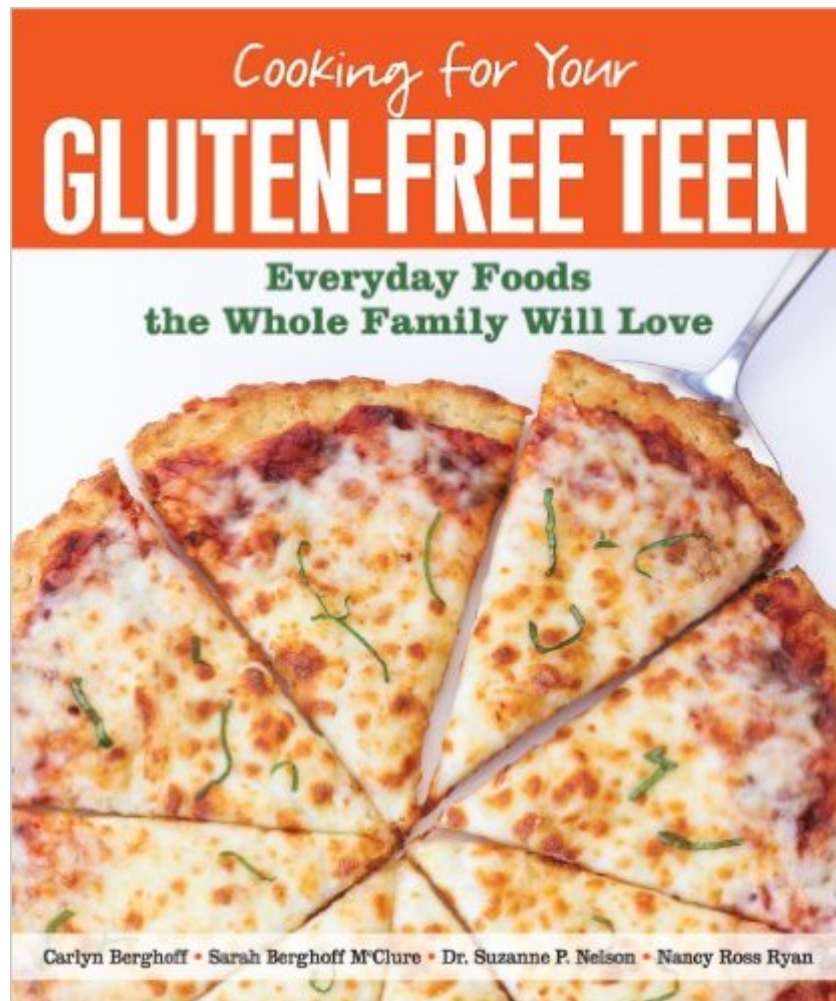


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# Cooking For Your Gluten-Free Teen: Everyday Foods The Whole Family Will Love



## Synopsis

With 100 recipes for teen and family favorites such as Pizza, Mac 'n' Cheese, Grilled Cheese, Sweet Potato Fries, Almond Streusel Coffee Cake, and more, *Cooking for Your Gluten-Free Teen* proves that teens and their families don't have to sacrifice on foods, flavor, or convenience to eat gluten free. Sarah Berghoff McClure practically grew up in the kitchens of Chicago's historic Berghoff Restaurant, where wheat-filled German-American favorites such as schnitzels, spaetzles, strudels, and rye bread are staples. When Sarah was diagnosed with Celiac disease, she thought her days of eating her favorite pizzas, pastas, and pastries with her friends were over. Her mother, Carlyn Berghoff, chef/owner of the Berghoff Restaurant, stepped in, and together, she and Sarah began creating gluten-free versions of kid and teen-friendly foods that Sarah could enjoy. *Cooking for Your Gluten-Free Teen* offers a unique perspective on living gluten-free from not only someone living with gluten-intolerance, but also from a parent who is also a chef, and a doctor, Susan Nelson, who specializes in treating teens and others with Celiac disease. Carlyn sets up a gluten-free kitchen checklist and gives tips on how the whole family can switch to gluten-free eating and loving it. Sarah discusses what it's like to grow up with Celiac disease, as well as how to live a healthy gluten-free lifestyle without feeling singled out at parties or when eating out, and without missing out on the foods teens love. Dr. Nelson discusses the symptoms and diagnosis of Celiac disease and gluten intolerance and tells stories about her patients, who tested and resoundingly approved the recipes in the book. *Cooking for Your Gluten-Free Teen* is filled with more than 100 recipes and helpful tips on everything from the top foods that gluten-intolerant teens crave, to converting family favorite recipes to make them gluten-free, as well as strategies for packing healthy and delicious lunches and snacks. Straightforward tables and lists of naturally gluten-free foods, gluten-laden foods to avoid, and secret sources of gluten are also included, as is a take-along game plan for kids and adults when they are out and about. With teen and family favorites such as Pizza and Mac 'n' Cheese, Grilled Cheese, Sweet Potato Fries, Almond Streusel Coffee Cake, and more, *Cooking for Your Gluten-Free Teen* proves that teens and their families don't have to sacrifice to eat gluten free.

## Book Information

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## Customer Reviews

I got this book from the Berghoff, not on , but wanted to post a review here so that others who were looking for a guide to cooking gluten free could read what I found were the most valuable things about this book. I think it is a great resource and goes beyond just providing recipes.1) It does a good job of explaining celiac disease. People like Sarah who suffer from celiac disease can face serious health problems if they don't learn about their disease and how to manage what they eat. More and more people I know-- who don't actually have celiac but suffer from gluten intolerance and sensitivity -- have benefited greatly from switching to a gluten-free diet.2) Going gluten free is not easy. This book gives you guidance on where/how to start, recipe and cooking guidelines, and resources for gluten-free items. Plus, the author shares tips for eating out and staying gluten free which I think is a HUGE challenge.3) Going gluten-free CAN BE EXPENSIVE! Gluten-free products, and pre-made items can get pretty pricey- by learning how to make your own gluten-free meals, you can expand your meal choices PLUS save some money. (The recipe for gluten-free flour is priceless in my opinion.)4) Finally, the best thing about this cookbook is that it teaches you that you don't have to give up the everyday favorite foods that you love. You can have pizza, nachos, sandwiches, even baked goods like cookies and cakes! The ingredient lists aren't extensive- beyond stocking a few basic gluten-free stock items, this is all stuff that you would normally have on hand or buy anyway. So if you eat gluten-free, or are thinking about going gluten free, then I think you will be very happy with this purchase. The recipes are yummy, make sense, and they might even give you some ideas for creating gluten-free meals of your own!

Full disclosure: I've known Carlyn Berghoff, one of the authors of this book, for over 5 years. As a cookbook aficionado, I loved her two earlier cookbooks The Berghoff Family Cookbook: From Our Table to Yours, Celebrating a Century of Entertaining and The Berghoff Caf© Cookbook: Berghoff Family Recipes for Simple, Satisfying Food. And I've seen her evolve as a chef because of

how Celiac disease directly impacted her family and how that has - in turn - influenced the menus at her restaurant. While I don't have a teen with Celiac disease or a gluten intolerance in my household, I do have a large extended family filled with kids. And as an amateur baker and avid cook, I'm always getting asked about gluten-free options to my recipes. The truth is I'm still trying to figure out exactly where gluten hides in the everyday ingredients I use in my cooking and baking. One of the things I'm most excited about is the recipe for making your own gluten-free all-purpose flour (p. 43); having that in my pantry should give me greater confidence as I create new gluten-free recipes in my own kitchen. There's a good deal of practical advice inside this book from the points of view as a parent and a teen. I especially liked the section from Sarah (a typical teen) with suggestions for how she manages eating out, whether that be in a restaurant, at school or away from home. As anyone who's ever cooked for a larger family knows, there's only so much you can control when it comes to how your family eats. There are some obvious and not-so-obvious ways gluten can sneak into your diet. This book opened my eyes about being more conscientious of the ingredients I use in my kitchen and how to be better prepared to maneuver obstacles (like gluten) out in the real world.

I have known I have Celiac's disease for 3 years now and understand the plights of changing to a Gluten Free lifestyle. Reading "Cooking for Your Gluten-Free Teen" brought me back to the days where I was clueless to the disease. It is a tough road especially if you are helping someone else get comfortable with this lifestyle. This book is the perfect introduction to switching to a GF lifestyle. I wish I had this book when I was first navigating the road to Gluten-Free. "Eating Out: School, Restaurants and Away from Home" section is a must read. Three years into eating GF and I still struggle with this. Any additional advice and knowledge, especially coming from a Chef's perspective, is always appreciated. The recipes that I have made are delicious and I am very excited to try out some more. Great book, Thanks!

"Cooking for Your Gluten-Free Teen" is a great everyday cook book for anyone. It has simple, creative, delicious recipes that will inspire you to get up off of the couch and cook. My husband is gluten intolerant and also has a sweet tooth so he loves the breads and desserts but I combine these with the healthier recipes like the delicious chicken noodle soup or try to make the cupcakes which have built in portion control. Thanks to this wonderful cookbook that has opened up a world of choices, instead of making gluten versus non-gluten I can just go with gluten-free because it's delicious and my son and I enjoy it just as much! Thank you so much! Cooking for Your Gluten-Free

## Teen: Everyday Foods the Whole Family Will Love

My daughter loves to cook. Our whole house is gluten-free, and has been since she was 2. I just picked up this book for her and she is so excited! I love the format of the book, my daughter has dyslexia and dyscalculia (dyslexia of numbers) so she has a hard time reading and following recipes, but the layout of this book makes it easy for her. I would highly recommend this book for teens or tweens who like to cook and are GF or for those of you cooking for GF teens.

Expected the recipes to be simple enough for my teen nephew to make as a college student away from home. There are good recipes, but will likely need help from an adult until teen gets the hang of cooking.

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