



FIVE FREE-FROM
Amazing Lunch

RECIPES
GF, TOP 9 FREE





Seed Free Maple Waffle Recipe

Gluten Free, Vegan, Top 9 Allergy Free
Brought to you by RAISE.TheAllergyChef.com



I LOVE THE BABY WAFFLE MAKER. I don't think I've enjoyed a novelty appliance this much. Now, does the average family need a mini waffle maker? No, absolutely not. Yet, I'm not going to encourage you to not buy one either. I think it's fun if you have kids, perhaps time consuming if you're a single adult. Either way, making gluten free vegan waffles in the 2" mini waffle maker was just too much fun for me.

The real victory though in my opinion, is how free from this recipe is. It's even seed free! So, let's get to cooking.

Allergy Status

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Alliums, Avocado, Banana, Beans & Lentils, Berries, Buckwheat, Cane/Refined Sugar, Carrot, Celery, Cinnamon, Citrus, Cruciferous, Garlic, Legume, Lupin, Mushroom, Mustard, Nightshade, Oat, Onion, Pea & Pea Protein, Potato (Nightshade Variety), Poultry, Red Meat, Rice, Seeds, Squash & Gourd, Stone Fruits, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Friendly To: Diabetic, EOE, Vegan

Compatible With: Apple Free, Latex Cross Reactive Foods Free (H/M), Stone Fruit Free, FPIES

For FPIES, Apple & Latex Cross Reactive Free: Use an alternative vinegar such as rice or white.

Stone Fruit Free: Use an alternative low flavour oil you enjoy cooking with. We like tiger nut oil around here (tuber, not a nut).

The Allergy Chef™



Ingredients

- » 120g Brown Rice Flour, superfine **OR** Sorghum Flour, superfine
- » 80g Millet Flour, superfine
- » 30g Arrowroot
- » 40g Organic Maple Sugar
- » 2 tsp Baking Powder
- » 1 tsp Sea Salt

- » 290mL Milk of Choice (10 ounces)
- » 85mL Organic Extra Virgin Olive Oil (3 ounces)
- » 19.5mL Organic Maple Extract
- » 2 tsp Organic Apple Cider Vinegar
- » 1 tsp Organic Vanilla Extract

Seed Allergy Note

If you have a seed allergy, [please read this article](#) that contains information on millet flour.

What's With ALL That Maple?

You might see the ingredient list and think I've gone too far. If you want to achieve the same results that PACK a real maple punch, you're going to need that much maple extract. We use the Cook's Vanilla brand. The amount needed might be different with other brands.

Waffle Directions

Get ready for the easiest waffle directions of all time. OK, maybe not ALL time. Place your mixing bowl on your digital scale and tare to 0. For this recipe I use our stand mixer with the wire attachment.

Add the dry ingredients one at a time, and tare between each one. Once all of the dry ingredients are in, lightly whisk to combine.

Return the bowl to the scale (you can leave the attachment in) and tare to 0. Add the wet ingredients one at a time and tare between ingredients.

Mix on medium speed until the ingredients are well combined, then mix on high speed for 20 seconds. That's it! Now cook your waffle batter in your waffle iron according to the directions.

In our case I used the amazing super mega hyper cute [Dash mini \(2"\) waffle maker](#). I cooked the waffles for 3 - 4 minutes each time.



Chicken & Pepper Meatballs Recipe

Gluten Free, Top 9 Allergy Free

[Brought to you by RAISE.TheAllergyChef.com](http://RAISE.TheAllergyChef.com)



The combination of the mini waffle recipe and these chicken meatballs is bomb dot com. People often wonder how we're able to make delicious meatball recipes without gluten, wheat, and egg. It's all about the ratios and other ingredients you pull in. Honestly, there's no reason why we can't have our cake and eat it too (or in this case chicken and waffles).

Allergy Status

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Alliums, Apple, Avocado, Banana, Beans & Lentils, Berries, Buckwheat, Cane/Refined Sugar, Carrot, Celery, Cinnamon, Citrus, Cruciferous, Garlic, Latex Cross Reactive Foods (H/M), Legume, Lupin, Mushroom, Mustard, Oat, Onion, Pea & Pea Protein, Potato (Nightshade Variety), Red Meat, Rice, Seeds, Squash & Gourd, Stone Fruits, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Friendly To: Diabetic, Paleo

Compatible With: Cooking Oil/Added Fats Free, GAPs, SCD

For Cooking Oil/Added Fats Free: Skip the oil, even if your meat is lean. Keep a close eye on your cook time as we don't want your meatballs to dry out.

For GAPs & SCD: Use your favourite liquid sweetener in place of the maple syrup. Honey works very well.

The Allergy Chef™



Ingredients

- » 450g Organic Ground Chicken, lean (7% fat) 16 ounces
- » 155g Organic Yellow Bell Pepper, small dice (5.5 ounces)
- » 50mL Organic Maple Syrup
- » 1.5 tsp Sea Salt
- » 1 tsp Organic Dried Basil

- » 16.5mL Organic Maple Extract (optional)
- » (If your meat is lean) 3 TBSP EVOO **OR** Oil of Choice

Directions

Start by dicing your bell pepper. It's OK if you use a different colour. In fact, if you're feeding a picky eater, use a bell pepper colour they'd enjoy. Depending on where you live, you can even get purple peppers seasonally.

Pre-heat your oven to 400f/205c. Now, place a mixing bowl on your digital scale and add the ingredients. You've most likely already weighed the peppers, but the scale comes in handy for the syrup. Only use the oil IF your ground chicken is lean. Sometimes we're able to get ground thigh, and other times we're not. The oil helps make up for the lost fat.

Use the optional maple extract if you plan to serve these meatballs with the maple waffle. It helps reinforce the flavours.

Once all of the ingredients are in the bowl, combine with a large fork, not your hands. When using your hands you can start to melt the fat.

Use a small or medium cookie scoop to portion your meat and make cute little meatballs. I made these specifically to sit atop baby 2" waffles, so I was happy with the small scoop (2 tsp) and the medium scoop (1.5T).

Cook your meatballs in the oven at 400f/205c for 18 - 20 minutes. The size of the meatball will determine the cook time. The internal temperature of your meatballs needs to be a minimum of 165f/74c before they're safe to serve.



Roasted Veg, Pea, & Date Fried Rice Recipe

Gluten Free, Vegan, Top 9 Allergy Free
Brought to you by RAISE.TheAllergyChef.com

This vegan veggie fried rice recipe brings in seasonal colours as well as a nice flavour punch with a touch of sweet. You can take this soy free fried rice on the go, deconstruct for a little one, or serve at the dinner table. Talk about a win-win all around!



Allergy Status

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Apple, Avocado, Banana, Beans & Lentils, Berries, Buckwheat, Cane/Refined Sugar, Carrot, Cinnamon, Citrus, Garlic, Lupin, Mushroom, Mustard, Nightshade, Oat, Potato (Nightshade Variety), Poultry, Red Meat, Seeds, Squash & Gourd, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Friendly To: Diabetic, EOE, Vegan

Compatible With: Corn Free

For Corn Free: Use a safe cooking oil/fat in place of the dairy free butter. Make sure your produce is safe (root vegetables have higher success rates especially at farmer's markets) and use a safe brand of peas. Refer to the [Corn Free Safe Products List](#) if you need more brand names.



Roasted Veg Ingredients

- » 110mL Oil of Choice for Cooking (4 ounces)
- » 375g Purple Diakon Radish (13.5 ounces)
- » 235g Watermelon Radish (8.5 ounces)
- » 120g Tokyo Turnips (4.5 ounces)
- » 2 tsp Sea Salt

Stovetop Ingredients, part 1

- » 40g Dairy Free Butter/Fat/Oil of Choice for Cooking
- » 365g Organic Yellow Onion, diced (13 ounces)
- » 100g Organic Celery, sliced thin (3.5 ounces)
- » 165g Organic Medjool Dates (6 ounces)
- » 1 tsp Sea Salt

Stovetop Ingredients, part 2

- » 40g Dairy Free Butter/Fat/Oil of Choice for Cooking
- » 280g Organic Frozen Peas (10 ounces)
- » 70g Organic Spinach Leaves, fresh/chopped (2.5 ounces)
- » 1/2 tsp Sea Salt

Assembly Ingredients

- » 500g Roasted Vegetables (from above) 18 ounces
- » 1.38KG Organic Calrose OR Sushi Rice, cooked, unsalted (50 ounces)
- » 2 tsp Sea Salt

Roasted Vegetables Directions

Start by peeling and cubing your vegetables. Aim for a medium dice, and keep in mind you'll lose some volume as it cooks. You don't want the pieces to be so small that they burn before they cook properly.

Spread your cooking oil all over a baking tray. Add the produce, sea salt, then mix it all together well with the oil on the tray. Roast in your oven at 400f for 20 - 25 minutes. The vegetables should be easy to pierce with a fork when they're done.

Once ready, pull out of the oven and set aside until it's assembly time. I like to prop my tray up a bit to allow any excess oil to run away from the veg.



Stovetop Directions

Heat a large/deep non-stick pan on high heat (7/10 for us). Add your butter and allow it to melt. Once melted, add the onion, celery, dates, and 1 teaspoon of sea salt. Mix well and cook for 10 minutes. Stir as needed to prevent burning/sticking. This is a good time to chop your spinach if it's not already prepped.

Now, add the frozen peas. Mix again and continue to cook for 5 - 8 minutes. At this point, if needed, add the next 40g of dairy free butter. In our case, I needed more cooking fat in the pan. Also, this last bit of butter will be absorbed by the rice when we add it, so it's still OK to add, even if you think you don't need it.

Finally, add your chopped spinach and 1/2 teaspoon of sea salt. Mix well and cook for 3 - 5 minutes. That's it for the stove top veg and it's now time to assemble.

Assembly Directions

Before you start the roasted vegetables, get your rice cooking. For this recipe, we used Lundberg Organic Calrose Rice cooked in the rice cooker.

Once your stovetop ingredients are done cooking, mix in the roasted vegetables from the first step. Our final roasted veg weight was 500g, but it's totally fine if yours is different.

Next, add the cooked rice. We cook our rice without salt, and I then added 2 teaspoons of salt along with the rice. If you cook your rice with salt (and any other flavouring agents), taste before adding the final salt content.

Mix everything together VERY well, and your fried rice is ready to serve and enjoy. I'm so pleased to share that the kids are in love with this new fried rice recipe, and we hope your family enjoys it too.

The Allergy Chef™



Beef (or Bison) & Bean Dip Recipe

Gluten Free, RSF, Top 9 Allergy Free
Brought to you by RAISE.TheAllergyChef.com



With this tasty recipe, you can swap the beef for bison for those who aren't able to eat beef. This recipe is also very taco and burrito friendly. Be sure to have some tortillas or chips on hand for assembly, along with any other taco-type toppings you love.

Allergy Status

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Apple, Avocado, Banana, Berries, Buckwheat, Cane/Refined Sugar, Carrot, Celery, Cinnamon, Citrus, Corn, Cruciferous, Lupin, Mushroom, Mustard, Oat, Pea & Pea Protein, Potato (Nightshade Variety), Poultry, Rice, Squash & Gourd, Stone Fruits, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Friendly To: Diabetic, EOE

Compatible With: Seed Free, GAPs

Seed Free: Omit the cumin.

GAPs: Use navy beans in place of the pinto beans and swap the maple sugar for your favourite granulated sweetener.



Bean Ingredients

- » 3 TBSP Cooking Oil of Choice
- » 345g Organic Yellow Onion (12.5 ounces), small dice
- » 1/2 tsp Sea Salt

- » 810g Organic Pinto Beans (29 ounces), drained
- » 1 TBSP Organic Maple Sugar
- » 1 tsp Sea Salt
- » 5 drops Liquid Smoke

- » 240mL Milk of Choice (8.5 ounces)
- » 1/2 tsp Sea Salt

Beef/Bison Ingredients

- » 4 TBSP Cooking Oil of Choice
- » 600g Grass Fed Beef **OR** Ground Bison (21.5 ounces)
- » 3 TBSP Organic Maple Sugar
- » 1.5 TBSP Organic Onion Granules
- » 3 tsp Organic Paprika
- » 3 tsp Organic Ancho Chili
- » 2 tsp Sea Salt
- » 1 tsp Organic Ground Cumin
- » 1 tsp Organic Garlic Granules

- » 195g Organic Tomato Paste (7 ounces)
- » 1/2 tsp Sea Salt

Prep & Cooking Note

I opted to have two pans going at the same time so everything finished together. This also reduces your time spent at the stove. Before you start cooking, measure all of the spices for your beef into a prep bowl. This way, whilst it's cooking you're not scrambling AND trying to keep an eye on the beans.

Bean Directions

Heat a large non-stick pan on medium-high heat (7/10 for us) and add your cooking oil. Once it's hot, add the onion and 1/2 teaspoon of sea salt. Mix and cook for 8 minutes. Stir as needed to prevent burning/sticking.



Next, add the drained beans, 1 teaspoon of sea salt, your maple, and smoke. Mix well and continue to cook for up to 15 minutes. We're giving the onions more time to soften, and to allow the flavours to really come together.

Finally, add the milk, mix again, and cook for 10 more minutes. During this time, the milk will thicken up a bit, evaporate some, and leave behind a creamy texture. If you're short on time, you can add less milk which reduces the final cook time.

Beef/Bison Directions

Heat a large non-stick pan on medium-high heat (8/10 for us). Add your cooking oil and once it's heated, add the ground meat. Break the meat into chunks for a few moments, then sprinkle all of the seasonings all over. Remember the tip to have them all pre-measured? This is why. It makes the cooking less stressful. Also add 2 teaspoons salt and the maple sugar.

Cook your beef/bison for 8 - 10 minutes, and continue to break it down into the bite-sized pieces that make you happy. Ours were good sized chunks this time which you can see in the photo.

Now, add the tomato paste and 1/2 teaspoon of sea salt. Once you've fully incorporated the tomato paste, turn the heat off and your beef/bison is ready to go.

Assembly

Photoed we have the simple cassava tortilla, Eat Wholly Organic Guacamole (top 8 free equipment, we buy in bulk at Costco), then the bean component topped with the beef. You could add salsa, sour cream, shredded cheese, and even some diced hot peppers.

For lunch box packing, I opted to use a Planet Box. I put the bean component in a container with a lid since it's creamy. The beef was able to sit just fine in another rectangle, as was the guac and tortilla. You could pack additional tortillas or chips.

The Allergy Chef™



Allium Free, Vegan Potato Salad Recipe

Gluten Free, Vegan, Top 9 Allergy Free

Brought to you by RAISE.TheAllergyChef.com

If you've never made potato salad before, let me assure you: it's easy to make. The process is mashed potatoes meets pasta salad. This vegan, egg free potato salad recipe is not only delicious, but allium free as well. Plus! You could totally take this on a picnic or to a backyard BBQ. We've used some creative ingredients to add additional flavour, texture, and colour. Let's get cooking!



Allergy Status (Includes a Few Ingredients Commonly Found in Mayo)

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Alliums, Apple, Avocado, Banana, Beans & Lentils, Buckwheat, Cane/Refined Sugar, Celery, Cinnamon, Citrus, Garlic, Legume, Lupin, Mushroom, Oat, Onion, Pea & Pea Protein, Poultry, Red Meat, Rice, Squash & Gourd, Stone Fruits, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Friendly To: Diabetic, EOE, Vegan

**The allergy status accounts for the mustard and oil found in mayo. You'll need to choose the best option from there. For some, it will need to be homemade. If you can't have any type of mayo, try this potato chowder instead.

Less common allergens found in many egg free mayos: mustard, corn, cane sugar, legumes.



Ingredients

- » 1KG Organic Red Potatoes, (36 ounces) medium cube, skin on
- » Water
- » 5 tsp Sea Salt (for boiling water)

- » 5 TBSP Cooking Oil of Choice
- » 140g Organic Carrots, shredded, we used yellow to create a visual pop (5 ounces)
- » 50g Organic Shishito Peppers, sliced
- » 1 tsp Sea Salt

- » 2 TBSP Organic Balsamic Vinegar
- » 60mL Organic Maple Syrup

- » 365g Mayo of Choice (we used Follow Your Heart Organic Egg Free Mayo) 13 ounces
- » 3/4 tsp Sea Salt
- » Pinch Organic Black Pepper

Directions

Start by preparing the produce. For the potatoes, only peel off the skin in an area that might be a bad spot. To slice the peppers, you'll use a rocking motion with your knife in the same way you'd slice a carrot. There's no need to try to remove the core of a pepper that small, and if you have seeds in the mix, it's fine.

Place your potatoes in a pot and cover with water by about an inch. Add 5 tsp of sea salt, mix well, then bring to a boil. It takes a while to get to a rolling boil, but once you're there, the boiling time is 5 - 6 minutes if your cubes are the same size as ours.

The potatoes should not be mushy at all. You want them to retain some of their bite. So easy to pierce with a fork, but not so easy that it's falling apart. When the potatoes are ready, drain them in a colander, then set aside.

Next, you'll heat a medium non-stick pan on medium-high heat (7/10 for us). Add 3 Tablespoons of the cooking oil. Once it's heated, add your shredded carrots, sliced peppers, and 1 teaspoon of sea salt. Mix well and cook for 8 - 10 minutes. Whilst cooking, the oil will evaporate. When you feel it's time, add the additional 2 Tablespoons of cooking oil and mix.

Now you'll add the balsamic and maple. Mix everything together again and continue to cook for 5 - 6 minutes. This pan is done now.

The Allergy Chef™

RAISE



Place your potatoes back into the pot you boiled them in. No point in dirtying another dish. Now add the carrot and pepper mix followed by the mayo, 3/4 teaspoon of sea salt, and black pepper. Mix everything together very well, and that's it. Your potato salad is done, delicious, and ready to enjoy.

This potato salad can be enjoyed warm or cold.

Mixing tip: I like to give the potatoes some time to cool down before adding the mayo. Cold mayo + hot potatoes = melted free-from mayo.

The Allergy Chef™



Vegan 3 Bean Dutch Oven Chili Recipe

Gluten Free, Vegan, Top 9 Allergy Free
Brought to you by RAISE.TheAllergyChef.com



This vegan chili has received the highest of praise from Kid Two. He thinks this might be his new favourite recipe. Yup, if you've followed our accounts for a while, you've heard this before. Yet, he did say that this chili "warms his soul" so there's that. Honestly, this recipe is a real winner, and you can freeze it too.

Warning: This is a BIG batch. Feel free to cut it in half.

Allergy Status

Free From: Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Apple, Avocado, Banana, Berries, Buckwheat, Cane/Refined Sugar, Carrot, Celery, Cinnamon, Citrus, Lupin, Oat, Pea & Pea Protein, Potato (Nightshade Variety), Poultry, Red Meat, Rice, Squash & Gourd, Stone Fruits, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Yeast

Friendly To: Diabetic, EOE, Vegan

Compatible With: Corn Free, Cruciferous Free, Mustard Free, Seed Free, GAPs

Corn Free: Omit the smoke if you don't have a safe brand. You could smoke at home if you're into that.

Cruciferous, Mustard, and Seed Free: Omit the ground mustard.

GAPs: Use 45 ounces of navy beans and 45 ounces of haircot beans in place of the beans we used.

The Allergy Chef™



Ingredients

- » 4 TBSP Cooking Oil of Choice
- » 325 Organic Yellow Onion, (11.5 ounces), small dice
- » 225g Organic Mushrooms (8 ounces), roughly chopped
- » 1 tsp Sea Salt

- » 200g Organic Red Bell Pepper (7 ounces), small dice
- » 150g Organic Green Bell Pepper (5.5 ounces), small dice
- » 3 TBSP Cooking Oil of Choice

- » 1.36KG Organic Tomato Sauce (96 ounces), AKA Strained Tomatoes
- » 900mL Milk of Choice (32 ounces)
- » 850g Organic Cannellini Beans (30 ounces), drained
- » 850g Organic Small Red Beans (30 ounces), drained
- » 825g Organic Pinto Beans (29 ounces), drained (large can, 2 small cans is fine too)
- » 390g Organic Tomato Paste (14 ounces)
- » 180g Organic Maple Sugar
- » 7 tsp Sea Salt
- » 5 tsp Organic Ground Ancho Chili
- » 4 tsp Organic Dried Marjoram
- » 2.5 tsp Organic Garlic Granules
- » 2 tsp Organic Ground Mustard
- » 10 - 20 drops Liquid Smoke, Lazy Kettle Brand, we used 15 which is great

Directions

Start by prepping all of your produce. Once everything is ready, heat your Dutch Oven on medium heat (6.6/10 for us). Once hot, add the oil, let it heat up, then add your onion, mushrooms, and 1 teaspoon of sea salt. Mix well and cook for 10 minutes. Stir only as needed to prevent burning/sticking.

Now add all of the bell pepper along with the next 3 Tablespoons of cooking oil. Mix everything together and continue to cook for 6 minutes.

Whilst the produce continues to cook, get all of your cans and jars opened. When your six minutes are up, add all of the remaining ingredients (Part 3 on the Ingredient List). Once you have everything in, mix it all together very well.

Continue to cook, without a lid, for up to 30 minutes. This allows the flavours to meld together beautifully. Stir as needed to prevent burning/sticking. If you're not able to watch your pot, transfer it to your oven and cook at 375f/190c for 30 - 40 minutes (with the lid).



Additional Articles You May Find Helpful

[Click on the image to read the full article online.](#)

Cute Food For Kids

the power of beautiful food for those with a restricted diet

Read the article today, and learn how cute food can promote inclusion.

The Allergy Chef

Easy Gluten Free Snacks

Dairy Free, Vegan, Grain Free, Allergy Friendly

The Allergy Chef

Chipe & Dip Apple Donuts Fruit Salad

Grain Free Cookies (homemade) Watermelon Popsicle Ants on a Log

Spreads & Butters

Allergy Friendly Options For Everyone

Nuts, Legumes, Seeds, Tubers

Seed Butter Watermelon Nut Butter Walnut, Almond Legume Butter Peanut, Soy

Seed Butter Sunflower Flavored Nut Butter Chocolate Hazelnut Tuber Butter Tiger Nut (NOT a nut)

The Allergy Chef

Allergy Friendly Candy

Gluten Free, Vegan, Top 8 Free Options

The Allergy Chef

Gourmet Candies GF, V, Contains Nuts White Chocolate GF, V, Top 8 "Milk" Chocolate GF, V, Top 8 Shell Coated Candy GF, V, Top 8

Gummies GF, Top 8 Refined Sugar Free Hard Candies GF, V, Top 8 Gummies GF, V, Top 8 Gum GF, V, Top 8

Get All The Details at [GoRaise.net](#) Link in Bio

Gluten Free Carbs

Nut Free, Vegan, Allergy Friendly Options

The Allergy Chef

Fonio Gluten Free Bread Potato

Tortillas Gluten Free Pasta Rice

How to Make Food, Cooking, & Baking FUN FOR KIDS

Tips for toddlers, kids, tweens, & teens.

Cross-Contact/Contamination

Keeping Mixed-Allergy Kitchens Safe

Sweeteners & Sugars

(Gluten Free, Top 8 Free, Vegan, Unrefined)

The Allergy Chef

Honey GF, Top 8 Free, Unrefined, Paleo Stevia GF, Top 8 Free, Vegan Applesauce GF, Top 8 Free, Vegan, Paleo

Brown Cane Sugar GF, Vegan, Top 8 Free Dates GF, Top 8 Free, Vegan, Unrefined, Paleo Maple GF, Vegan, Paleo, Top 8 Free

Legume Allergy Info

you can be allergic to one, some, or all legumes

The Allergy Chef

Black Beans Chickpeas aka Garbanzo Green Beans

Peas Lentils (all colours) Peanuts

Navigating Class Parties When Your Child Has Allergies

STEPS YOU CAN TAKE TO HELP YOUR CHILD THRIVE

Bullying AT School

Food Allergy Focused

Disposable Lunch Ideas

2020 Back to School Tips

The Allergy Chef

Brown Paper Bag (Draw on It!) Waterbottle Ice Pack Compostable Baggies

Stickers (For Fun) Self-Sealing Containers Disposable Cutlery