



A Kitchen Full of Mixes (Paperback)

By Kris Mazy

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.So many people have allergies to the processed food that are out there on the market. In this book, Kris Mazy, mom of 7 kids (1 autistic, 1 with severe allergies to dyes and 1 with severe ADHD) shows simple recipes that you can make in your kitchen that are dye-free, many of which are like grabbing a box-mix from the grocery store. Kris has been spending the last 7 years researching and creating recipes to help improve the health and well-being of her children. It was a learning process for this family when they discovered that one of their children was deathly allergic to red-dyes in foods and other products. These convenience mixes help the average mom spend more time with their kids and offers effortless recipes that let you as a parent know exactly what your child is eating without all of the dyes and preservatives in store-bought boxed foods. Find fast and easy mix recipes including breakfast items, cakes and cookies, quick mix, puddings, seasonings, soups and more in A Kitchen Full of Mixes. Breakfast Strawberry Cream Instant Oatmeal Maple...



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Reviews

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