



Seriously Good!: Gluten-Free Cooking for Kids

Phil Vickery

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The symptoms of coeliac disease in children typically appear three to five months after first consuming gluten-containing foods. Symptoms may include poor appetite, irritability, vomiting and diarrhoea. If left untreated, coeliac disease can lead to malnutrition, osteoporosis and, particularly worrying in children, stunted growth and development. It is therefore important to introduce a gluten-free diet to your child as soon as they're diagnosed. Phil Vickery has developed 70 scrumptious dishes suitable for children of all ages - from babies to toddlers to school-age kids. Baby recipes include Potato Moussaka and Pink Poached Salmon, while toddlers will smile when fed Minty Peas with Lamb or Lemon Chicken, Sweetcorn and Tarragon. One of the hardest parts of cooking for children on a gluten-free diet can be the pressure to prepare a healthy lunch that is 'just like everyone else's'. Send your kids off to school with Phil's Quesadilla, Berry Smoothie or Chocolatey Peanut Butter Crispy Rice Treat and they'll be the envy of all their friends.

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