

Tips, Recipes, and a Carnival of Food Allergy Discussions ...

Oh yes, I am once again hosting the Living with Food Allergies Blog Carnival! It seems many of you are off enjoying that summer vacation, as the submissions were down just a bit. But have no fear, this content-loving, dairy-free diva is not afraid to cheat! I sought out additional current posts of interest from food allergy-friendly blogs that I thought would make for some good reads and tasty recipes. So please, grab that glass of iced tea (or one of those ice tea cupcakes pictured at right!), take a five-minute break, and enjoy the various topics that follow ...

Allergic Girl presents "Don't You Trust Me?" posted at Allergic Girl, saying "Did I go a step too far in saying, 'I don't trust you with this'? Or was that a legitimate precaution? ... Can a person with food allergies ever let their guard down? Even with loved ones?"

Hannah Kaminsky presents Iced Tea Cupcakes posted at Bittersweet. Who says only the little ones should enjoy a celebration cupcake in the summer months? If you can bring yourself to turn on the oven for just twenty minutes, you will be rewarded with these sweet, but grown-up, treats from the author of My Sweet Vegan. The recipe is dairy-free, egg-free, and nut-free, but make it soy-free by substituting rice milk and using the new Earth Balance soy-free in place of the margarine in the frosting.

Amy Leger presents Survey: Most say Gluten-Free Standards Should Mean Zero Gluten posted at The Savvy Celiac, saying, "A new survey by The Savvy Celiac finds most people don't like the proposed 20 ppm gluten standard for foods labeled gluten free. They ask the question, 'Shouldn't free mean zero?' But it may not be that simple." ...

Nancy Lapid presents 35 Money-Saving Recipes for Basic Gluten-Free Ingredients posted at About.com Celiac Disease. This is a fantastic find. Her list includes everything from making your own brown sugar and almond meal to whipping up heavy cream for recipes on the fly. Dairy-free foodies will want to substitute milk alternative for the milk and dairy-free margarine (such as Earth Balance) for the butter in a few few of her creations, but this should work well.

Alisa Fleming presents Cookies, Cookies and More Cookies! posted at Go Dairy Free. Think you can't enjoy cookies due to your food allergies or intolerances? Think again. I tested and reviewed the new book, Cookies for Everyone!, and have included several recipes in this post for gluten-free, dairy-free, egg-free, soy-free, peanut-free, and (whew!) tree nut-free cookies!

Jennifer Kales presents Food Allergies and Restaurant Anxiety posted at The Nut-Free Mom, saying, "Just a little insight on what your allergic child might be feeling..." Nowheymama presents Food Allergy Drawing Contest posted at No Whey, Mama, saying, "Food Allergy Talk is hosting a fun drawing contest"

Rhonda presents Family Travel With Food Allergies & A Mother's Perspective posted at AllergySense. This article, written by Dr. Silvia Bernardini, contains tons of great information, ideas, and thought provoking notes.

Rhonda presents Travel translation cards for people with food allergies posted at AllergySense. Keeping with the travel theme, these cards may be a helpful tool for those international, jet-setting food allergy types.

Alisa Fleming presents Sweet Strawberry-Watermelon Soul Smoothie posted at One Frugal Foodie, saying "Gluten-free, dairy-free, food allergy-friendly and packed with the season's best produce, this refreshing beverage should not be missed!"

Kelly Rudnicki presents Door County Cherry Pie posted at The Food Allergy Mama, saying "I first fell in love with Door County cherries when I tasted my mother in law's famous Cherry Pie."

ChristineR presents Touch / Don't Touch posted at Corn Allergic - What I Reacted To Today, saying, "Finding the fun in living with a corn allergy -- or at least a little humor. This week, the game of Touch / Don't Touch with its ever changing rules."

Gina Clowes presents Food Allergy Content Alert Web Site and Mobile App posted at AllergyMoms. Another fantastic, and free, tool!

Kitchenetta presents Lemon Meringue Pie posted at Got No Milk. Easily dairy-free and nut-free, this perfect summer pie can also be enjoyed gluten-free with a gluten-free pie crust.

That concludes this edition. Submit your blog article to the next edition of living with food allergies carnival using our carnival submission form. Past posts and future hosts can be found on our blog carnival index page.

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