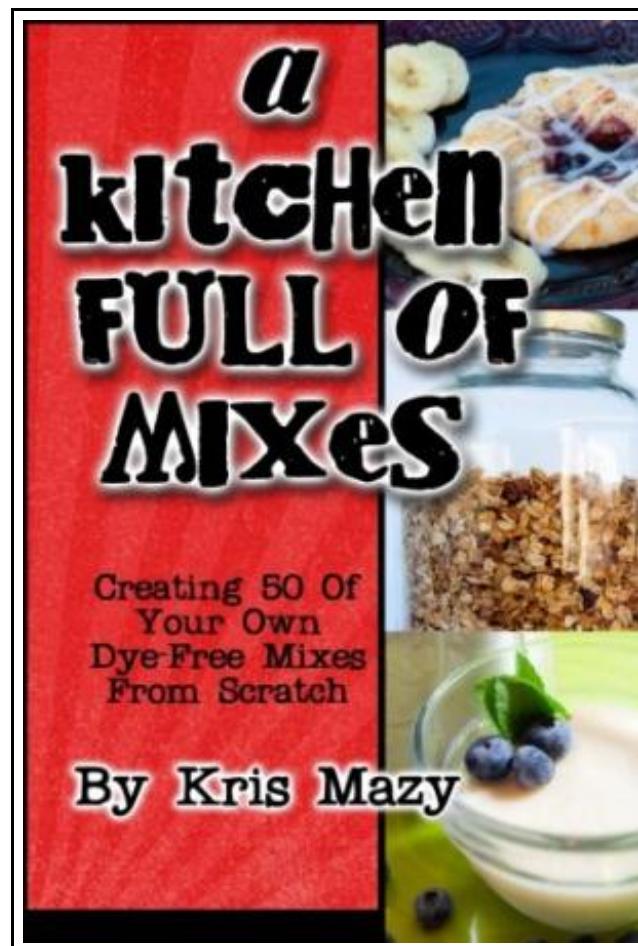


A Kitchen Full of Mixes



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Reviews

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 80 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. 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 and Cream Instant Oatmeal Maple and Brown Sugar Instant Oatmeal Peaches and Cream Instant Oatmeal Basic Granola Pancake and Waffle Mix Directions for Pancakes Directions for Waffles Quick mix Basic Quick Mix Basic Rolled Biscuits Basic Drop Biscuits Coffee Cake Jam-filled Danish Drops Southwest Egg Bake Zucchini Bites Chicken Pot Pie Lemon Bars Baking mixes Yellow Cake Mix Dump Cake Sugar Cookie Mix Peanut Butter Cookies Snicker Doodle Cookies Chocolate Chip Cookie Mix Chocolate Cake Mix Directions for use cake mix for chocolate cookies Brownie Mix Muffin Mix Gingerbread Mix Gingerbread Cookies Cornbread Mix Tortilla Mix Puddings Vanilla Pudding...

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