



## A Kitchen Full of Mixes

By Kris Mazy

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...

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### Reviews

*Extensive guide for publication fans. It can be rally exciting throgh studying time. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Maurine Rohan

*It in a single of my personal favorite book. I really could comprehended almost everything using this composed e book. Your daily life period will be enhance the instant you complete reading this article pdf.*

-- Haskell Osinski

## Other Kindle Books

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Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS  
BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...

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### **Good Night, Zombie Scary Tales**

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isn't just any...

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### **Animalogy: Animal Analogies**

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals . . . bat is to...

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### **DK Readers Robin Hood Level 4 Proficient Readers**

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give to the poor. Join Robin Hood and...

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