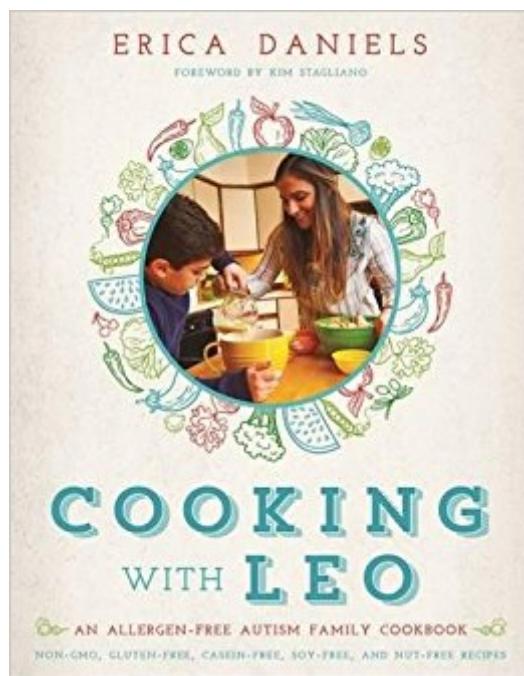


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# Cooking With Leo: An Allergen-Free Autism Family Cookbook



## Synopsis

Cooking with Leo is a mother's love letter to and inspired by her son. This heartfelt cookbook also tells the story of a mother desperate to heal and to connect with her severely autistic son. A story of a mother finally connecting with her hard to reach child through the most vital everyday activity--cooking. For many years, Erica Daniels had been out to find a successful dietary intervention for her eleven-year-old son Leo, who suffers from significant food allergies, gastrointestinal disease and autism. Through trial and error in her own kitchen, she finally hit her gastronomic stride of preparing nourishing meals for her entire family without gluten, dairy, soy, nuts, additives, or GMOS--with Leo by her side. A Part cookbook and part love story, Cooking with Leo takes you into the real life messy kitchen of a family affected by autism and food allergies. You will laugh and cry along with Erica and Leo as they cook, create, laugh, dance, act silly, and, most importantly bond. Cooking with Leo is a family-inspired collection of over 60 allergen-free and autism-diet friendly recipes to be prepared and shared by your whole family together. Make meaningful connections with your child and nurture their passion for cooking with nutritious recipes such as: Teff-Tough Honey Waffles, Football Sunday Turkey Chili, Grandma's Healing Chicken Soup, Leo's Italian Artichokes, Nanny's Rhubarb Sauce, YouTube Organic Gummy Candies, and more!! Learn not only to cook nutritiously for your whole family, but also to connect with your children, find their gifts and develop their strengths, impart life skills, and tie the family together with healthy food and happy guts. "You are the great love of my life Leo Thomas Vernacchio. Raising you is a painstakingly beautiful journey of love. Letting go of my hopes and dreams for you is undeniably hard and my heart will always be a bit broken. Yet I am eternally grateful for you and for the gifts you have blessed upon my heart, my life and my soul. You give me purpose and passion, perspective and hope. You are my perfectly imperfect gift." ~ MommySkyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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## Customer Reviews

"You are the great love of my life, Leo Thomas Vernacchio. Raising you is a painstakingly beautiful journey of love. Letting go of my hopes and dreams for you is undeniably hard and my heart will always be a bit broken. Yet, I am eternally grateful for you and for the gifts you have blessed upon my heart, my life, and my soul. You give me purpose and passion, perspective and hope. You are my perfectly imperfect gift." &#151; Mommy "Helpful hints and humorous bits, Cooking with Leo is not your usual cookbook fare. Parents of children with allergy and food issues, who struggle with the alphabet soup of diets (GFCF, SCD, GAPS, etc.), will find healthful food they can make for the whole family. Along the way Erica sprinkles tips for involving the kids and garnishes with a pinch of wit!" &#151; Ken Siri, author of Cutting Edge-Therapies for Autism "If you're looking for recipes that will be healthy for your autistic child and your entire family, look no further. An easy-to-follow collection of recipes? Yes, Cooking with Leo is certainly that. But it is so, so, so much more. This book is a prescription on how to bring true joy to your relationship with both your autistic child . . . and with autism. . . . What Erica [Daniels] has done, simply by the nature of her golden heart, is find a way for all of us to relate to autism moms, dad, and kids. You cannot survive reading this book without being uplifted, inspired, and thoroughly educated about autism. What kind of cookbook makes you cry? This one will." &#151; Dr. James Lyons-Weiler, PhD, CEO and director of the Institute for Pure and Applied Knowledge "No matter what the diagnosis, food is foundational to healing. While there are many amazing healing therapies and approaches for children on the autism

spectrum, none will be as powerful or impactful if good nutrition is not also a part of the healing plan. For those who do not know much about nutrition or who never learned how to really cook, Cooking with Leo makes cooking nutritious and allergy-friendly food with your kids easy and fun. Erica Daniels reframes the notion of "special diets" by just calling them "healthy diets," an important distinction that reminds us everyone should be eating this way! Transforming your way of cook and eating will not only improve the health and symptoms of your child with autism, but the health of your entire family. For any family with a child on the autism spectrum, Cooking with Leo is square one. A perfect, nourishing, love-filled way to support the health and development of your child." *Beth Lambert, Executive Director of Epidemic Answers and Documenting Hope, Author of A Compromised Generation*

Cooking with Leo was a true labor of love. Cooking with my children, sharing what we do everyday, and the opportunity to inspire others is more than I could have ever dreamed. To have a life bursting with purpose and passion is to have a full and beautiful life. Cooking and sharing meals is a family tradition that we don't need to give up simply because a family member has food allergies or autism, or requires a "special diet." In fact, the practice of cooking can become one of the ways you end up connecting with your child. Autism mothers are a family unto ourselves. We are the warrior mothers and we stand together, supporting one another like an army of angels. I feel your inspiration from around the globe. Your dedication to your children, to the causes, and to one another is unparalleled. I am you. You are me. We are family. Never give up. "Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do." - Apple Inc.

What a gem! A book about a mother's love for her autistic and food sensitive son complete with simple to follow and easy to serve meals. Great pictures too! This book is for anyone looking for easy recipes to make, especially for food sensitivity issues and allergies. I love the whole warmth of this book. Erica Daniels, you are a gifted writer and powerful Mom. Your children are lucky to have you.

I purchased this book to support a great mom and young boy who I had the privilege of working with. I am now ready to make some of these meals, as I learn to eat clean. The stories and pictures accompany the recipes and truly inspire others to do all that they can for the children on the Autism Spectrum. I am once again inspired to continue my own work with children with autism. I will certainly share this book and encourage others to purchase and try as well. Thank you Erica! Job well done!

Easy to prep recipes for even a novice chef! The meals are tasty as well. Whether you require allergen-free food or not, you will certainly find these meals delicious! Fabulous cookbook!

I have a young adult on the spectrum and this book helped me to see how far he has come as there is so much on where he used to be. I loaned my copy out already before getting to read that much of it myself, to someone who will be using it while she is developing a program on how to help those on the spectrum to learn to cook.

Such a wonderful, well-written and heartwarming book! Loved all of the photos too. We don't have any allergies in our family, but we are looking forward to making some of the delicious recipes!

What an inspiring book! So many recipes, and each one has a wonderful story to go along with it. Erica Daniels has harnessed the power of food combined with a mother's undying love and packaged it into a wonderful idea. I've already tried a few of the recipes and the end product was delicious each time.

I am so excited about this book and just love the sentiment behind it! I received my copies today! I can't wait to give them to my friends as gifts.

Daughter and granddaughter absolutely love it together.

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