

ALLERGY FREE SNACKS

BY FELICIA TOMASKO
RECIPES BY JUDI AND SHARI ZUCKER



There is an increasing concern about food allergies and sensitivities for both children and adults. In order to offer tasty, nutritious, and easy-to-fix snacks that will please any palate, the health food advocates known as the double energy twins, Judi and Shari Zucker, have compiled a collection of recipes created in their kitchen and by their friends, including chef Vicki Chelf. *The Ultimate Allergy-Free Snack Cookbook: Delicious Recipes for the Allergic Child* features safe, nutritious, easy-to-prepare vegan snacks for any occasion. They've made sure to create items that taste good to children of any age, while also supporting health and well-being, and are fortunately allergen-free.

If you're looking for something that's appropriate to take to an event without having to worry about someone's sensitive system, an afterschool or post-workout treat, or simply something for a summer picnic, these recipes are sure to please. In addition to a wide variety of foods, the Zuckers include comprehensive educational information related to food allergies and sensitivities and nutritional considerations relevant to both children and adults. Here are a couple of the delicious, high protein vegan treats that we found tempting.

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CHICKPEA CRACKERS

YIELDS ABOUT 20 CRACKERS

- ½ cup sifted chickpea flour
- 2 tablespoons nutritional yeast
- ¼ teaspoon baking powder
- ¼ teaspoon sea salt
- ⅛ teaspoon turmeric
- 1 teaspoon extra-virgin olive oil
- 2-4 tablespoons water

Combine the flour, nutritional yeast, baking powder, sea salt, and turmeric in a medium bowl.

While stirring, add the oil to the flour mixture, then begin adding the water 1 tablespoon at a time until a dough forms that can hold together.

Knead the dough several times until smooth and firm. Shape into a ball, cover with plastic wrap, and let rest for 10 minutes.

Preheat the oven to 350°F.

Lightly oil a baking sheet and set aside.

Divide the rested dough in half.

Place one of the halves on a clean work surface that is dusted with chickpea flour. Flatten the dough a bit with the palm of your hand and sprinkle the top with flour.

Using a rolling pin that has been dusted with flour, roll out the dough to about ¼ inch thickness.

With a sharp knife, cut the dough into 1-inch squares and arrange on the prepared baking sheet. Repeat with the remaining dough.

Before baking, prick the tops of the squares with the tines of a fork to prevent them from blistering and bubbling up as they bake. Bake for 15-20 minutes, or until the tops are golden brown.

Remove from the oven and let the crackers cool on the sheet. As they cool, they will become crisp. (Test one after it cools. If it isn't crisp, return the pan to the oven for a few more minutes.)

Store in an airtight container up to a week.

Although this recipe gives instructions for cutting these crackers into squares, you can cut them into triangles, diamonds, or any shape you want. You can also use a cookie cutter to create other fun shapes like hearts or flowers. Kids love 'em!