

# CATHAL'S COOKBOOK ALLERGY FREE COOKING

Providing support to parents cooking allergy free meals. Wheat free, gluten free, egg free, dairy free, nut free solutions to meals and baking

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## Home

Welcome to Cathal's Cookbook Allergy Free Cooking!

My name is Marie and I would like to share my allergy free recipes with any of you who find yourselves in the same situation as I did. My little boy Cathal, was born with severe and multiple food allergies, and severe eczema (both are commonly linked). You can read his story @ <http://cathalscookbookallergyfree.com/cathals-story/>.

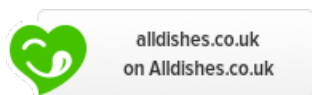
All the recipes are wheat free, gluten free, dairy free, egg free and nut free, and all are my own creations.

My overall message to new "Allergy Parents" is, DON'T GIVE UP!  
As a parent, you will need to trust your natural instincts about your child, particularly what treatment is working and what treatment is not working.

I hope you find my website helpful and encouraging. Please feel free to contact me about any of my posts, or allergy free recipes.

Please send me your feedback on my recipes, I look forward to hearing from you!

Marie



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COMMENTS 8

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karen hendrick | 10/05/2013 at 4:26 pm

Many thanks for all youre receipes, will for sure be buying youre book xx

**Cathal's Cookbook Allergy Free Cooking**

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*cathalscookbookallergyfree* | [10/05/2013 at 8:37 pm](#)

Hi Karen. I'll get that recipe to you over the weekend sometime.  
Marie



*Melissa Plunkett* | [23/07/2013 at 10:28 am](#)

So excited for the lemon meringue pie recipe! My mouth is watering!!  
[Melissam.plunkett@gmail.com](mailto:Melissam.plunkett@gmail.com)



*Sara Byrne* | [20/10/2013 at 4:22 pm](#)

I'm so excited I was told about your site! My daughter is 9 months and we've struggled with eczema since she was 3 days old until she was diagnosed with a dairy and egg allergy at 4months. It's great to see so many amazing recipes to make life easier.



*cathalscookbookallergyfree* | [20/10/2013 at 6:49 pm](#)

Hi Sara, you are very welcome , sorry to hear your little one has allergies. If you have any question about any of the recipes or anything else just ask. I'll do my best to answer it. I hope you get some help from this site and the facebook page.  
Marie xx



*Sandra Kennedy* | [04/12/2013 at 10:57 pm](#)

Hi Marie. Just discover your website. Looking forward to trying some of the recipes but can you recommend a brand or type of flour. I can't have rice as well as wheat, gluten, soya, egg , or dairy



*cathalscookbookallergyfree* | [05/12/2013 at 5:47 pm](#)

Hi Sandra, you are very welcome to my site. Here is a mix of flour that works very well and its rice free also. you will get all these flours in a good Health-food shop. 1 cup medium maize, 1/2 cup sorghum flour, 1/2 cup potato flour, 1/2 cup tapioca, 1/4 cup buckwheat or millet flour, 2tsp xanthan gum. When I'm making cakes I add coconut flour instead of the buckwheat.  
I hope this is of some help.  
Marie xx



*momgfnoms* | [09/12/2013 at 7:00 am](#)

This blog is great and that's why I'm nominating you for the Leibster awards. Check out the info here <http://bit.ly/1aNcAV9>

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