

# **Mikaela Cooks...Gluten/Allergy Friendly Breakfast #1**



**LOVE LOVE LOVE MY GIRL!** So she is getting more and more independent now. Of course I both love and hate seeing her grow up but I am so proud of her.

Lately she really wants to make things in the kitchen. She has perfected her grilled cheese and breakfast is her favorite to do so far. Today's is simple but how fantastic to see her make it, present it beautifully, and have it be so healthy.

Fresh local blueberries and raspberries

Your favorite gluten/allergy free bread

Goats milk creamed cheese

Toast your bread. Spread the cheese. Arrange your foods to be pleasing to your eyes and voila!

Enjoy



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## Allergy Free Recipe for Chocolate Sunflower Cake

8 y.o. Mikaela baked her first cake...an allergy free, all Vegan chocolate sunflower cake and it was out of this world! I should have taken a video of everyone eating it. It was rich and possibly the moistest cake I ever had!



**Recipe below. Just watch...**

<http://www.youtube.com/watch?v=P7dG359pIMk>

We used a 123 Gluten Free Chocolate Cake Mix to start and substituted Earth Balance Soy Free Butter for the butter, Enter Egg substitute, Coconut milk w/apple cider vinegar for the buttermilk, Enjoy Life Dairy Free Chocolate chips for the center of the sunflower and made the icing from scratch.

Our Icing Recipe: ( Not in the video-super EASY!)

2c. organic powdered sugar

1/4 cup Earth Balance Margarine softened

1/4 cup unsweetened coconut milk

3/4 c. unsweetened pure cocoa powder

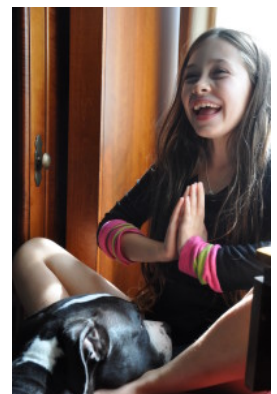
1/2 t. vanilla

1. In a medium bowl, cream the sugar with the soy free margarine. It's best to use a mixer. It will be thick. Just combine well. Add the remaining ingredients until mixed well and voila! It may seem a bit thin for icing but it stiffens up well on the cake.

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## Food allergies, a blessing in disguise?

HELLO! This is my first blog post! It took a while since my mom was still figuring out how to set up our blog but I'm so excited and hope you like it! I hope you will subscribe so you will see all the awesome stuff we will post! And we have a Facebook page now too! It would be great if you could [Click here to LIKE](#) that too or SHARE this with another kid who might feel like they are the only one with food allergies. 😊 Thank you!



*Mikaela*

Living with food allergies can make you feel different from everyone else but you should know, you are not alone. There are millions of us! I have been living with food allergies since I was 5 and I will be nine next month. I'm allergic to gluten, dairy, casein, nuts, eggs, soy and melon.

Sometimes it can be embarrassing when I'm with my friends who can eat anything but mostly they understand and are supportive. My mom always seems to find or make foods I can eat that are almost the same and she loves to educate everyone. ALL THE TIME about lots of things! Plenty of times I don't like it when she talks about my allergies. Being "different" this way isn't always so much fun but it is kinda cool how smart I am and how much my friends know because she's like that.

My mom was already big on nutrition, wouldn't let me have anything with chemicals in it and cooked home-made but everything really did change. When we first found out about my allergies, my mom

made it fun. We went to the giant Whole Foods and wore detective hats and used magnifying glasses to find ingredients I **could** have instead of looking for what I couldn't have. We had so much fun, we were there 5 1/2 hours! It was like a big treasure hunt. I could teach a label reading class now! She's the best mom ever!

Lots of the things we tried tasted like cardboard and yuk! But lots of foods were really yummy. I do still miss things like pizza, Belgium waffles and eggs(my favorite food) but I am so much better when I stay away from the foods my body doesn't like. Before we knew about my food allergies I had black circles and bags under my eyes, my skin seemed washed out, I caught all the sicknesses from my friends and was covered on 70% of my body with horrible eczema. My skin used to bleed and I cried all night from the pain. Since I don't eat those foods I look and feel so much better and I almost never get sick . If I do, it's over in a day.

Some times I want to sneak something but I honestly never do. My grammy thought she would test me and see if I wasn't allergic anymore without asking my mom and it all started to come back. My mom was not happy! That showed me for sure, how I eat equals how I feel. That's why I actually think my food allergies might be a blessing in disguise. I feel great!

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