



Health Problems Series Food Allergies

Name:

Date:

Nut- and Egg-Free Recipe

Instructions: Read KidsHealth.org articles about nut and egg allergies. Then decide whether you want to make a lunch or dessert recipe. Check out cookbooks or search cooking websites to find a recipe that doesn't include nuts or eggs, or any products made with nuts or eggs. Write your delicious recipe below. Since many schools request peanut-free snacks, you may want to find a recipe to share with the class for birthdays or other parties.

_____ 's Nut- & Egg-Free Recipe:

[Student name]

[Recipe name]

Ingredients:

Directions: