



Cooking with Leo: An Allergen-Free Autism Family Cookbook

Erica Daniels

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***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.

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." ~ Mommy

Skyhorse 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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Joe Hessler:

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Duane Coley:

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