



*Customizing recipes to work with your
food allergies*

gluten free & allergy free iphone & ipad apps

www.cookITallergyfree.com

blog -- free tips -- recipes - allergy info

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Allergy Free iPad and iPhone application!



Custom Tailor Any of the Recipes

- Hundreds of Gluten Free recipes that can be customized to meet most Food Allergy needs
- More recipes being added all of the time
- With a simple tap, trade out your Allergen(s) in any of the recipes with safe substitutions. Now no recipe is off limits!
- Find substitutions within the recipes for: eggs, butter, milk, yogurt, buttermilk, cream, sour cream, cream cheese, cheeses, nuts, nut butters, corn syrup, and soy.
- Customize your recipes and then share them through Email, Facebook, and Twitter.
- Find great tips for allergy free cooking that will help to give you delicious results.

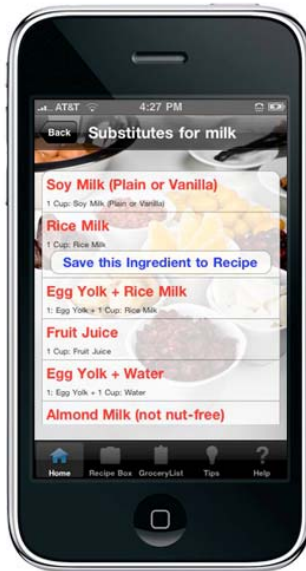
Save Your Customized Recipes to your Grocery List and Recipe Box

- Save your recipes to your Grocery List and have all of the ingredients you need, including your substitutions for your allergens, at your fingertips.
- Your list will be organized by Aisle or by Recipe. Add items from your daily list as well.
- Check off items as you shop à clear single ingredients, entire recipes, or your entire list with simple taps.
- Your custom-tailored recipes can also all be saved in one place: Your Recipe Box.
- Keep your own notes within each recipe to remind yourself of what you liked or didn't like about your results. Allergy Free cooking is all about "trial-and-error"

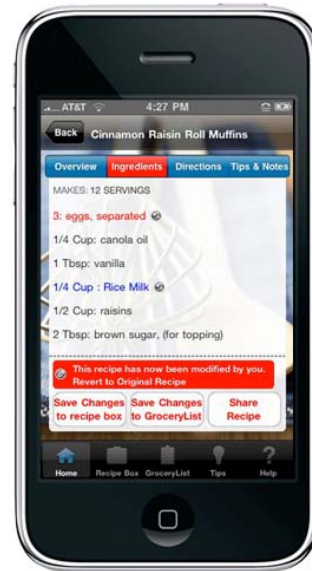
Download Now ▶



Recipe with Allergens



Substitution Options for Milk



Recipe with Substitution for Milk

Use this same substitution process in any of the recipes for: eggs, butter, milk, yogurt, buttermilk, cream, sour cream, cream cheese, cheeses, nuts, nut butters, corn syrup, and soy

Download Now ▶

New iPhone App Offers Hundreds of Gluten Free Recipes that Can Be Customized to Meet Many Food Allergy Needs!

The new Cook IT Allergy Free iPhone/iPad/iPod Touch App has more than 200 gluten free recipes that can all be customized with simple, safe ingredient substitutions for a variety of food allergies.

Scottsdale, AZ ([PRWEB](#)) June 8, 2010 -- A brand new iPhone App has just been launched for people with Celiac disease and/or food allergies that offers hundreds of [gluten free recipes](#), with more on the way, that can all be customized to meet many food allergy needs*. As featured in Apple's "New and Noteworthy" and "What's Hot" section of the App Store, this is the essential tool for people allergic to gluten, dairy, eggs, nuts or soy. People no longer have to search for a recipe that does not contain specific ingredients. The new Cook IT Allergy Free iPhone/iPad/iPod Touch App is something that people with Celiac Disease and/or [food allergies](#) have been waiting for and takes the guesswork out of allergy-free cooking.

For the first time ever, there is no need to spend time searching for recipes to suit specific allergy needs. Pick any recipe in the app and, with a simple tap, trade out hot button allergens for safe and correctly-calculated ingredient substitutions. Users can now easily adapt 'normal' recipes to create delicious meals that everyone will enjoy.

"You will love how Cook IT Allergy Free keeps you organized too," says App Creator Kim Maes. There is an interactive Grocery List, arranged either by aisle or by recipe. Users can also create a personal recipe box with customized recipes and personal notes.

About Cook IT Allergy Free iPhone/iPad/iPod Touch App, www.cookitallergyfree.com, 'Where No Recipe Is Off Limits!'

App Creator Kim Maes' baby boy was diagnosed with Celiac Disease and shortly thereafter, her husband also tested positive for the disease. Wanting to keep good, delicious food at the heart of her home was all the impetus Maes needed to launch her journey into creating safe, tasty, nutritional meals for her family, and then sharing them with others, the most recent result of which is this easy-to-use app with an unbelievable array of fabulous recipes.

The Cook IT Allergy Free iPhone application is available for \$4.99 at the Apple Store, App Store Link: <http://itunes.apple.com/us/app/cook-it-allergy-free/id369186630?mt=8>. And a version designed specifically for the iPad will be available for \$8.99 in the iPad store soon, as well.

Hundreds of gluten free recipes are available, all customizable to many food allergies. New recipes are continually being added and users can customize and save their recipes, adding their own notes. The app also includes a grocery list organizer, either by aisle or recipe -- everything at users' fingertips!

*Recipe substitutions for eggs, butter, milk, yogurt, buttermilk, cream, sour cream, cream cheese, cheeses, nuts, nut butters, corn syrup, and soy.

Contact: