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Prep-Ahead Meals
Kids Love . Start the
day off right with
easy, nourishing
breakfasts.

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Easy and Delicious

Homemade Rice Milk

- Just Take A Bite

Ingredients. 1 1/2

cups organic sorghum

flour. 1/2 cup organic

tapioca or white rice

flour. 1/4 cup psyllium

husk. 2/3 cup warm

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water. 1 Tbsp. lemon
juice. 1 tsp. baking
soda. 1 tsp. cream of
tartar. 1/2 tsp. salt. 3
Tbsp. honey. 5 Tbsp.
olive oil or avocado
oil.

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Just Take a Bite has
the potential to be
quite valuable to

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those seeking strategies to help them solve their child's food issues. The main complaint I have is that the book suffered from poor editing, which may not bother others, but which tends to distract me and make me lose focus as I read.

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Easy, Effective
Answers To Food ...

If you have answered
yes, then Just Take a
Bite is the perfect
resource with easy
effective answers to
these troubling
questions. The long-
awaited book is
written for parents
and professionals
working with children
with food aversions

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Autism/Asperger's,
offering a step-by-
step comprehensive
plan to address food
aversions and food
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1/4 cup organic lemon

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juice. 3 1/2 tsp. grass-fed gelatin. 3/4 cups organic cane sugar or coconut sugar or honey. 5 cups strawberries, washed, hulled and roughly chopped fresh or frozen.

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Just Take a Bite is a much-needed guide to overcoming food aversions and eating challenges, particularly common among children on the autism spectrum. Lori Ernsperger and Tania

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Stegen-Hanson
Answers To Food
Americans And
comprehensive
Eating Challenges
treatment plan to
Lori Ellsperger
maintain a balanced
diet through coaxing
and encouraging
problem-eaters to try
new foods.

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when you need
professional help, and
how to deal with the
behavior at home.

Learn why "Don't play
with your food!" and
"Clean your plate!"
along with many other

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old saws are just
plain wrong.

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In a medium saucepan combine the rice flour, collagen, oil, 3 cups water, salt and sweetener. Whisk well to combine. Cook over medium-high heat, whisking frequently, until the mixture is hot and the flour starts to thicken, about 8 minutes. You

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will see steam rising.

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This book is written in an easy to understand format. Occupational

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therapists, speech pathologists, parents and anyone who works with a child with ASD will find this book practical and helpful. There is nutritional hope out there. Visit our Bookstore to purchase *Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges.*

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Challenges! Just Take
a Bite is a much-
needed guide to
overcoming food
aversions and eating

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challenges,
particularly common
among children on the
autism spectrum.

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Easy Allergen Free
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no gums) | Just ...

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