

ALLERGY-FRIENDLY LUNCHES & SNACKS



essmak.com
The fun way to label!

FOR BUSY MUMS...

Allergy-Friendly Lunches and Snacks!



Living with food allergies isn't easy. If you, your kids or a family member have a food allergy, cooking can become challenging. Sometimes you might even feel you're missing out. But you don't have to!

If gluten, dairy, peanuts, etc. aren't your friends, there are alternatives and lots of amazing recipes to enjoy.

In this ebook, I have collected my favourite lunches and snacks recipes that are dairy, gluten, eggs, peanuts, fish, shellfish, and soy free (i.e. contain none of the most common allergenic foods)

That being said, everyone is different, and I do not claim these recipes to be 100% allergy free.

Since you might be allergic or intolerant to some of the ingredients in these recipes (tree nuts, honey, etc.), please make sure you adjust the recipes the way that works for you and your family.

Happy cooking!

*Love,
Stephanie Hanna
Creator of Essmak Labels*

RECIPE INDEX

LUNCHES

Easy Biscuits	4
Corn Fritters	5
Black Bean Dip	6
Lentil Crackers	7
Hummus – My Favourite	8

SNACKS

Sesame Bars	9
Eggplant Chips	10
Raw Almond and Coconut Bars	11
Vegan Chocolate Pudding	12
Falafel – my Favourite	13
Lemon Bliss Balls	14

EASY BISCUITS



[Recipe by Whole New Mom](#)

– a great resource for healthy living and allergy-friendly recipes

These biscuits are wholesome and simple. They are so good with fruit jam!



INGREDIENTS

4 cups whole grain flour – for gluten-free option, use any GF flour you like: almond flour, rice flour, buckwheat flour or a blend of flours

5 tsp baking powder (6 1/4 baking powder if using GF flour)

1 tsp baking soda (1 1/4 if using GF flour)

1 tsp salt

2 cups buttermilk – for dairy-free option, use 1/8 cup lemon juice or apple cider vinegar in a measuring cup and add enough coconut or almond milk to make 2 cups.

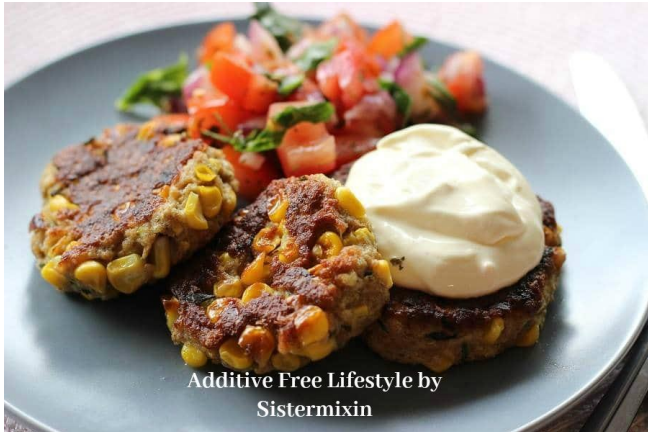
3 Tbsp oil (I like to use coconut oil, melted)



METHOD

1. Add all dry ingredients to a bowl. Mix well.
2. Combine milk mixture (or buttermilk) and oil.
3. Add wets to dries and stir until just mixed and then beat another 10 strokes.
4. Drop large golf-ball sized balls of dough onto a baking stone or cookie sheet, at least 5 cm apart.
5. Bake in a 425 degree F (218 degree C) preheated oven for 12 - 15 minutes until lightly-browned.

CORN FRITTERS



Recipe by [Additive Free Lifestyle - Sistermixin](#) – a wonderful resource for easy recipes free of harmful additives

These fritters are amazingly good cooked in some ghee and olive oil, but you could use coconut oil, too



INGREDIENTS

- 3 large corn cobs
 - 1 large brown onion
 - 1 tblsp coconut oil (approx)
 - 1 tblsp dried coriander
 - 140g flaxmeal
 - 2 pinch of salt
 - 1 cup of water
- Extra coconut (or olive) oil for frying. Or these could be done in an air-fryer.



METHOD

1. Dice onion and sauté off in frying pan with coconut oil.
2. Cut kernels off the corn cob then add corn, sautéed onion, coriander, salt, flaxmeal, and water to a bowl and mix until well combined.
3. Next heat some oil in a frying pan and cook patty size fritters over med-high heat for approx. 3 mins on each side. Allow to cool on some paper towel.
4. Serve alone or with tomato sauce, fresh garden salad and dip of choice.

BLACK BEAN DIP



[Recipe by Whole New Mom](#)

– a great resource for healthy living and allergy-friendly recipes

Together with veggie sticks, carrot sticks, simple crackers, or bread, it makes the perfect lunch



INGREDIENTS

3 1/2 cups cooked beans (canned beans are ok)

2 to 4 tomatoes (fresh or use the equivalent of any canned / jarred tomatoes)

4 Tbsp lime juice (or the juice of 2 limes)

4 cloves garlic

1/2 onion

1/2 cup cilantro

1 1/2 t salt



METHOD

1. Place all of the ingredients except for the tomatoes and beans in a food processor or blender. Blend until smooth.
2. Add tomatoes and beans. Process slowly to desired consistency - just a little for a chunky dip; a lot for a smooth, thick, hummus-like dip.

LENTIL CRACKERS



[Recipe by Whole New Mom](#) – a great resource for healthy living and allergy-friendly recipes

These homemade crackers are a crunchy, wholesome snack your whole family is sure to love.

They are perfect for pre-school and school lunches, filling, nutritional, healthy, and yummy



INGREDIENTS

1 cup cooked whole lentils
(sprouted or not)

1/2 cup organic almond
flour

1/2 cup organic buckwheat
flour (light or dark)

6 Tbsp organic ground
flaxseed

1/2 tsp salt

1/2 tsp baking soda

1/2 tsp pure honey (or
alternative sweetener)

5 Tbsp organic coconut oil
(melted)



METHOD

1. Puree cooked lentils until smooth.
2. Combine lentils and flax seed, followed by honey and coconut oil. Stir well.
3. In a separate bowl, whisk together the flours, salt, and baking soda. Combine the wet and dry ingredients and stir well to form a crumbly dough.
4. Gradually add water by teaspoons until dough is neither too crumbly nor too sticky. Cover dough ball and chill for 10 to 15 minutes.
5. Divide dough into 2 portions. Place a large sheet of parchment paper on a flat surface or countertop and dust lightly with a little buckwheat flour. Place one portion of dough on the floured parchment and then lay another sheet of parchment on top. Use a rolling pin to roll out the dough to an even thickness (about 2 mm).
6. To make round crackers, use a cookie cutter to cut shapes. Gather scraps of dough and roll out again to form more crackers.
7. Carefully transfer each shaped cracker dough piece to a parchment-lined baking sheet.
8. Bake crackers in batches at 300 degrees F (150 C) for 15 to 20 minutes or until mostly crisp. (To help them bake evenly, I flipped them half-way through baking.). Be careful not to over-bake or they will get too dark and taste bitter.)
9. Store cooled crackers in a tightly sealed container.

HUMMUS - MY FAVOURITE



[Recipe by Slow Food Beirut](#)

In each and every family, there's a special hummus recipe, and you probably have your favourite, too! But if you're open to trying a new one, here's a recipe I love.

It's very simple, and I love the balance of the ingredients. Perfect for lunches!



INGREDIENTS

500 g dried chickpeas

1/2 cup + 2 tablespoons
(150 g) tahini

3/4 cup (170 ml) lemon
juice (around 6 lemons)

Salt

Olive oil



METHOD

1. Soak the chickpeas in water to cover for 10 hours. Drain, put in a pot, add fresh water to cover, then set to cook over low heat till very tender.

Some purists would take off the chickpeas' outer layer or peel after soaking (by crushing the grains in a kitchen towel), then boil the peeled chickpeas... Makes the end result "finer," they say (I have never tried it, to be honest!).

To cook the chickpeas well, the easy way is to add baking soda (1 teaspoon per 1 cup chickpeas) to the cooking water. And the other "healthy" way is to replace the baking soda with a 5-cm piece of kombu (Japanese seaweed).

2. In a food processor, put the chickpeas, tahini, lemon juice, and salt to taste, and mix long enough to obtain a smooth, silky paste. A hummus should have the consistency of a dip, and not be too thick nor too runny.
3. Transfer to a bowl, let cool and firm up, and serve with a generous drizzle of olive oil and the accompaniments of your choice.

SESAME BARS



Recipe by Slow Food Beirut

It is a yummy treat, made of toasted sesame seeds and ground almonds set in a sweet syrup.

Alternatively, you can make it from chopped cashews, or all almonds, or pistachios. Prepare large blocks of the snack and cut them into bite-size pieces



INGREDIENTS

- 1 kg sesame seeds
- 1 1/3 cups (200 g) almonds
- 1 cup (200 g) sugar
- 1/2 cup + 2 tablespoons (200 g) honey
- 2 tablespoons (30 g) tahini



METHOD

1. Toast the sesame seeds in a dry skillet, stirring constantly, until the seeds are uniformly golden.
2. In a food processor, whiz the almonds to a fine powder.
3. Mix the sugar and the honey in a pot and boil to obtain a thick syrup. Add the almond powder and stir well. Add the toasted sesame seeds and mix well.
4. Spread the tahini on the bottom and sides of a 30-cm square baking pan. Spread the hot sesame mixture thinly in the pan (it should be less than 1 cm thick). Wet your hand and even out the surface. Let cool and set.
5. Refrigerate the pan for 4 hours, for the candy to set well and harden, and then cut into bite-size pieces. Keep in an airtight container in the refrigerator.

EGGPLANT CHIPS



[Recipe by Hadia's Lebanese Cuisine](#)

It is a simple yet interesting recipe. With minimal list of ingredients, this tastes very special – both savory and sweet.

Give it a try and I am pretty sure you'll find yourself making these chips for your family again .



INGREDIENTS

2 medium-sized eggplants (450 g. / 1 lb.)

3/4 cup flour – for gluten free version, use any GF flour you like

A pinch of salt

4 cups canola oil, for deep frying

Serve with:

5 tablespoons honey

100 g. / 3.5 oz. goat feta cheese or any dip of choice



METHOD

1. Trim the end of the eggplants.
2. Slice the eggplants into very thin rounds, about 1/8 inches / 1/3 cm thick. (Preferably use a mandoline)
3. Sprinkle some salt over the eggplant slices
4. Dredge each slice in flour (the eggplant slices should be entirely covered with flour).
5. Turn on the fryer and heat oil to 190° C / 375° F.
6. Fry the coated eggplant slices in batches (don't over-crowd the frying pan) until golden brown. Remove with a slotted spoon and drain on a paper towel.
7. Crumble the feta cheese and equally spread on top of the eggplant slices.
8. Generously drizzle with honey just before serving. Enjoy!

RAW ALMOND AND COCONUT BARS

.....



Additive Free Lifestyle by Sistermixin

Recipe by [Additive Free Lifestyle - Sistermixin](#) – a wonderful resource for easy recipes – free of harmful additives

An amazing raw bar that your little ones will love! It's sticky and chewy and a great little guilt free snack.



INGREDIENTS

200 g dates
80 g raisins (or sultanas)
50 g desiccated coconut
1 tsp. vanilla paste
25 g cacao powder
100 g slivered almonds



METHOD

1. Place everything, except the almonds, into a blender jug and blitz 10 secs/high speed then place into a mixing bowl.
2. Add almonds to mixing bowl and mix until well combined.
3. Press into a lined square cake tin and place in the fridge to set.
4. Cut into slices and store in an airtight container in the fridge or freezer.

VEGAN

CHOCOLATE PUDDING

.....



[Recipe by The Healthy Chef \(Teresa Cutter\)](#)

It's a perfect treat for kids - something sweet, healthy and chocolatey. This pudding is also full of proteins, but very light, and simply delicious

It's sugar-free, dairy-free, gluten-free, egg-free, and vegan.



INGREDIENTS

1 large frozen banana

250 ml (8 ¾ fl oz / 1 cup) almond milk or cashew milk

1 generous tablespoon of almond or cashew butter

½ small avocado

1 teaspoon vanilla bean extract or paste

2 heaped tablespoons of cacao powder

Pinch of sea salt

½ cup ice



METHOD

1. Combine banana, almond milk, almond butter, avocado, vanilla, cacao, sea salt and ice into a good high-performance blender.
2. Blend until smooth, thick and creamy.
3. Spoon into serving bowls and enjoy!

FALAFEL - MY FAVOURITE



[Recipe by Slow Food Beirut](#)

There is always space to argue about variations on dishes, and so it is true with falafel too! What's the best one? How should it be made?

In each family, there's a special recipe, but if you're open to trying something new, this recipe is my favourite!



INGREDIENTS

1 cup (170 g) fava beans (large, pale green, split, skinned)

1/2 cup (125 g) dried chickpeas

1 medium yellow onion

2 garlic cloves, peeled

1 bunch green coriander

1 teaspoon baking powder

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon ground ginger

Salt

Vegetable oil, for frying

Tahini Sauce, for serving



METHOD

1. Soak the fava beans and the chickpeas in separate bowls in water to cover for 10 hours. Drain and mix together in a bowl.
2. Cut the onion into eighths and add to the bowl. Add the garlic cloves, green coriander, baking powder, cumin, ground coriander, and ginger, and season to taste with salt.
3. In a food processor, whiz small batches of this mixture to obtain a paste. The consistency of the falafel depends on this paste, which must not be too smooth (so as not to have soggy falafel) nor too coarse (so as not to have crumbling ones). Knead the paste by hand a little longer if needed, to make sure it will hold together, adding 1 tablespoon (8 g) of flour if needed.
4. To shape the falafel using a falafel shaper or any small utensil such as an ice-cream scoop to portion walnut-size balls of the falafel mix. Flatten the balls a bit into disks.
5. Heat vegetable oil in a deep pot over medium heat or a deep fryer. Deep-fry the falafel disk until golden and crisp on both sides. Serve the falafel hot, with the tahini sauce.

LEMON BLISS BALLS



Recipe by [Additive Free Lifestyle - Sistermixin](#) – a wonderful resource for easy recipes free of harmful additives

These lemon bliss balls are so good you'll want to make them over and over. Being nut free, these are great for lunchboxes too.



INGREDIENTS

150g quinoa flakes or oats

80g lemon juice

170g pitted Medjool dates

2 tsp vanilla bean paste

1 tblsp coconut oil

80g desiccated coconut

Extra desiccated coconuts to roll your balls in (about 1/4 cup)



METHOD

1. Place everything into your blender jug and blitz 20 secs/high speed.
2. Roll into balls and coat in extra coconut.
3. Store in the fridge or freezer.

Allergy Alert Labels:

8 Round Labels + 12 Large Labels



If your child has a food allergy, Essmak's Allergy Alert labels are a great way to let teachers and caregivers know and prevent reactions. Lunchboxes, cups, bottles and any school items can all be labeled in a fun but stylish way.

Our Allergy Alert labels are designed to be very durable, and they'll resist the harsh treatment to which your kids subject them. They are also dishwasher, microwave, freezer and sterilizer proof.

**CHECK OUT ALLERGY
LABELS**

Got a question? Email me at stephanie@essmak.com or
whatsapp at +961 71 494 649

Looking to organize everything in style?

Don't Lose It, Label it! #essmak
We will customise all items for you



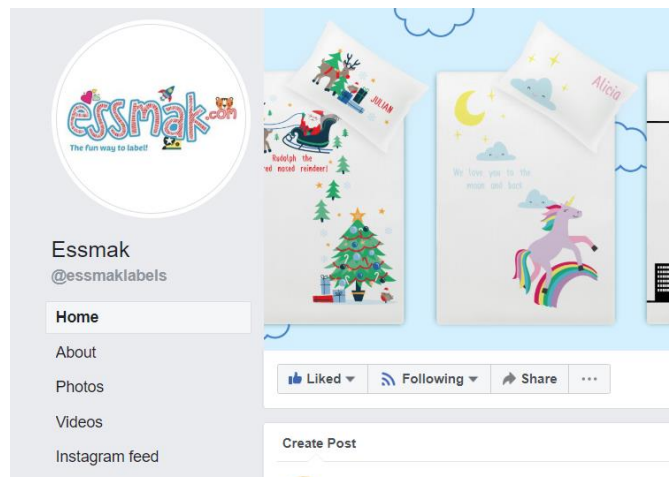
[CHECK OUT VALUE PACKS](#)



[SEE CLOTHING LABELS](#)



[ORGANISE YOUR KITCHEN](#)



[FOLLOW US ON FACEBOOK](#)

Got a question? Email me at stephanie@essmak.com or
whatsapp at +961 71 494 649