Promo 9

SUBJECT: Looking for easy recipes?

I’m always on the hunt for easy recipes to make for my family. I don’t have time for lengthy ingredient lists, hard-to-find items, or expensive menu plans.

I bet you’re a lot like me—so I’ve got a great cookbook to share with you today.

It’s called [Flavilicious Cooking,](http://www.flaviliciouscooking.com/) and it’s written by Flavia Del Monte, who is a registered nurse and certified nutritionist.

Flavia has created over 150 allergy-friendly recipes you can make for your family. You’ll get recipes for:

* 20 breakfasts
* 15 dressings, sauces, and rubs
* 36 appetizers and sides
* 24 soups and salads
* 40 main dishes
* 21 desserts
* 5 shakes

That’s a lot of recipes!

And each one typically takes 5 – 30 minutes to make—making mealtime a snap from now on.

I encourage you to [take a look now](http://www.flaviliciouscooking.com/)—your mealtimes just got a whole lot easier!

Onward to better parenting,

ADD NAME