

## Allergy Blog Awards

Well Wow....we're so delighted to have been nominated for two awards with the newly launched Allergy Blog Awards. How exciting.

When we started the blog the idea was to share recipes and experiences so that those new to allergies had somewhere to come and get help and information. The blog has grown since then; and it's all become a lot bigger than we had originally planned. What we've learnt is that there is a real need to share information - and we've got some new ideas that we're going to develop over the next year.

In the meantime - please vote for us! We're passionate about our recipes, and about making baking and cooking for everyone with allergies an enjoyable, not frustrating, pass time. It's so so hard sometimes to find food we, and our kids, can eat and we hope that our work at Allergy Mums is making things easier for other allergy sufferers.

We feel strongly that supermarkets should cater better for those with allergies - there are a lot of specialist shops out there but increasingly the major supermarkets are getting their act together when it comes to free from foods. We're a growing market - and we want to do what we can to help people find food they can eat, easily.

Don't forget there are so many great blogs out there - do take a look and vote in all the categories. We've been nominated in two categories - [Best Free From Recipes](#) and [Best Eating Out/Food Shopping](#).

And finally a big thank you to Lyndsay Edwards who runs '[Living with Cow's Milk Protein Allergy](#)' - she's doing such a great job of getting our blogs more attention.

Click the image below to vote!



**I HAVE BEEN NOMINATED  
FOR A  
ALLERGY BLOG  
AWARD UK  
2017**



**Related Articles:**

[Easter Egg Free Meringues](#)

[Chocolate Fudge Brownie Cake](#)

[Dairy Free Lasagne](#)

[Vegan Gingerbread House](#)

[Chest Infection and Asthma](#)

