



SAMMY'S SUPPER SOURDOUGH ADVENTURE

by childbook.ai



Sammy was a little boy who loved to bake. Every weekend, he would help his mom in the kitchen. They made cookies, cakes, and his favorite, sourdough bread. Sammy loved the smell of fresh bread in the morning. Baking made him feel happy and excited.



One day, after eating his favorite sourdough, Sammy felt a strange tummy ache. He thought maybe he had eaten too much. But the ache didn't go away, and he felt tired. Sammy's mom noticed and decided to take him to the doctor. Sammy was a little worried, but he trusted his mom.



At the doctor's office, Sammy met Dr. Lee, who was very kind. Dr. Lee asked Sammy some questions and did a few tests. After a while, Dr. Lee explained that Sammy had something called celiac disease. It meant he couldn't eat gluten, which was in his favorite sourdough bread. Sammy was confused and a little sad.



Sammy's mom helped him learn more about celiac disease. She explained that gluten is in many foods, but they could find other tasty things to eat. Sammy was curious and wanted to know more. They read books and watched videos about gluten-free foods. Sammy felt a little better knowing he wasn't alone.



Sammy and his mom decided to try baking gluten-free bread. They went to the store and bought special flour. Sammy was excited to try something new. Together, they mixed the ingredients and waited for the bread to bake. The kitchen smelled wonderful, just like before.



When the bread was ready, Sammy took a big bite. It was different but still delicious. Sammy smiled and felt proud of their creation. His mom gave him a big hug and said she was proud too. Sammy realized that he could still enjoy baking.



Sammy wanted to share his new bread with his friends. He invited them over for a baking party. They all tried the gluten-free bread and loved it. Sammy explained why he had to eat gluten-free now. His friends were understanding and supportive.



Sammy learned that even though he had to change his diet, he could still enjoy baking. He felt happy knowing he could share his new recipes with others. Sammy realized that life was still fun and full of adventures. He looked forward to trying more gluten-free recipes with his mom. Sammy knew everything would be okay.



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