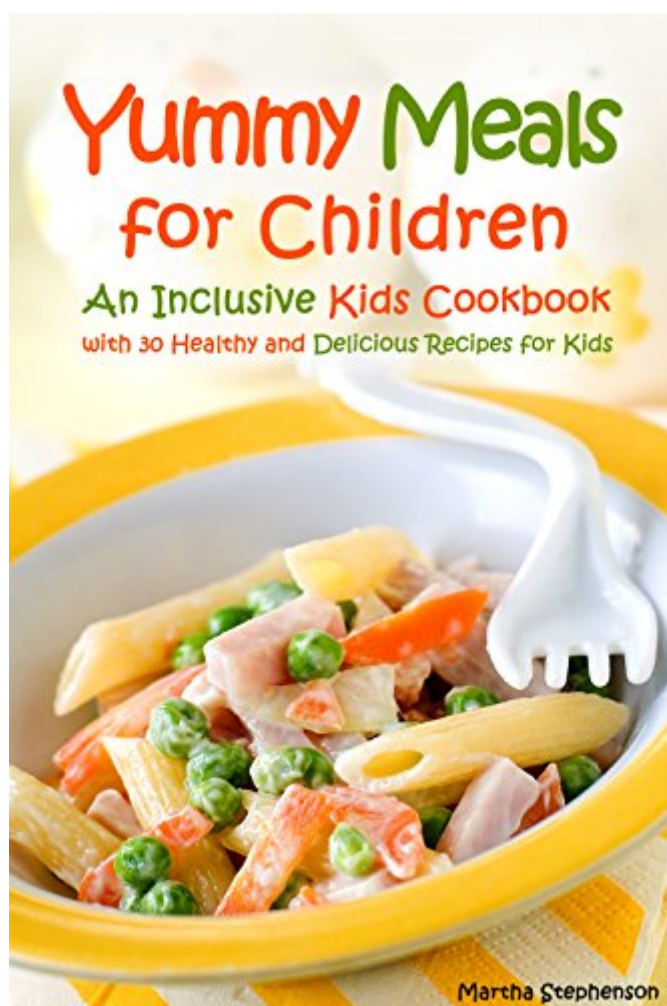


The book was found

Yummy Meals For Children: An Inclusive Kids Cookbook With 30 Healthy And Delicious Recipes For Kids



Synopsis

Parents often complain that their children do not like homemade food and they always insist on ordering a pizza or burger from restaurants and fast food centers. Keep it in mind that your kids are at a critical stage of their life. It is their growth period, and their body needs all minerals, vitamins, and nutrients for the growth of bones and muscles. You should serve them fresh fruits and vegetables in an attractive way and for this purpose, this cookbook can be your assistant. This book offers Recipes for Kids to make healthy vegetables and pizzas at home. Instead of purchasing items from the market, you should fill your pantry with all essential ingredients to make food at home. In this cookbook, you will find 30 recipes for your children. You can prepare healthy breakfast, dinner, lunch and even snacks for your child with the help of vegetables. These recipes will increase the temptation of your child to eat require a portion of fruits and vegetables. This cookbook offers:- Healthy Breakfast for Children- Pizza and Pasta Recipes for Kids- Vegetable Recipes for Children- Chicken and Fish Recipes for Children- Delicious Drinks and Salsa for Children Get this Kids Cookbook and prepare delicious meals for your kids to improve their health and reduce lots of health risks. Let's Get Cooking! Scroll Back Up and Grab Your Copy Today! Click the Download with 1-Click Button at the top right of the screen or "Read FREE with Kindle Unlimited" now! Then, you can immediately begin reading Yummy Meals for Children: An Inclusive Kids Cookbook with 30 Healthy and Delicious Recipes for Kids on your Kindle Device, Computer, Tablet or Smartphone.

Book Information

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Customer Reviews

Somewhat disappointing. Daughter is proud to have it. But we cannot find the recipe that fits the cover photograph. And I am very disappointed in the ingredients... The author repeatedly promotes healthy eating but the recipes are not healthy - even for children who need more fat than adults. And most of the fats are not healthy fats... 1/2 cup of oil, butter, lots of cheese in most recipes. I do not remember seeing olive oil, nuts, avocados, etc. Do not buy this expecting healthy recipes. But most are simple and can be done with children. There is a recipe for kale chips.

Nothing new. Typical recipes and not many. Pizza, nuggets ... dont need book for this.

Disappointed. The read was free. Totally not worth paying for the read.

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