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Healthy Recipes For Picky Eaters: Create Tasty Meals Your Kids Will Love To Eat



Synopsis

Feeding your child wholesome and nutritious meals can be a parent's greatest challenge if you happen to have a picky eater. You may find it easier to let them devour that hot dog for breakfast just so you can tell yourself, "at least they ate!". Sometimes the food looks too healthy for your child, or the colors and textures turn them off. There is a solution to making your kid feel like they are eating the unhealthy food they love while still getting proper nutrition into their stomachs. One of the reasons some kids won't eat is because they are not part of the cooking process, so there isn't a connection with the meal in front of them. Even though cooking with your child can be time-consuming and very messy, it will teach them a valuable skill, and they are more likely to eat what they have cooked. If you allow them to make the decisions of what ingredients to put in the food, that is even better. You will find that your child will want to take part in more meals if they are one of the 'chefs.' Each of the recipes found in this book has activities that your child can do on their own to help out with the preparation. The rule of thumb with each one is "the messier, the better." Cooking is a creative outlet and doesn't follow a neat and clean path, so getting cheese on your face or flour on your clothes is all part of the process. You may want to invest in a special apron and chef's hat for your child to make the experience even more fun. 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 Healthy Recipes for Picky Eaters: Create Tasty Meals Your Kids Will Love to Eat on your Kindle Device, Computer, Tablet or Smartphone.

Book Information

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Customer Reviews

well if you have picky kids you've already cooked this stuff, this is so basic it's ridiculous, just a mother's approximation of fast food ideas, nothing new or exciting, I am leaving it at the library for someone else to chew on

This is by far one of my favorite cookbooks of all time. Having a large family that is grown and moved out, it has been difficult to adjust my cooking and baking. This book has really made it easier! The written style of this book is really easy to read and aping rules to prepare recipes is also easy. I must share this book to all.

I love every Martha's cookbook! The recipes are very easy to make, and once it made look very appealing. It's much more than its price!

Not all recipes are so original, but they are well depicted and easy to follow.

Pretty basic recipes but all seem kid friendly. Just disappointed as none of these are super healthy

Healthy Recipes for Picky Eaters: Create Tasty Meals Your Kids Will Love to Eat by Martha Stephenson Thought I might find some good healthy foods for us adults also and i have. Each recipe has a color photo and summary of the dish. Prep and servings are included along with ingredients. Anytime it calls for a canned product I would substitute with fresh. Also has directions on how to make. No nutritional information but you should be able to substitute for your dietary needs. Trying out chicken nuggets tonight, think the part about putting it in the fridge might be the secret. I did not make as many as the recipe called for as it's only the two of us. Very easy to modify the recipe-leave things out put spices in, etc. Also comes with free sign up to a newsletter which will in turn give you other cookbooks. There are recipes for breakfast, lunch and dinner. Like cranberry

muffins for breakfast and it also uses healthy oils. Think I will be trying these next. Chicken turnovers look appealing and I know I can use my healthier products. Fish sticks look good too. A KEEPER! picture shows chicken nuggets i made, using bread toasted for bread crumbs

This cookbook is very nicely done. Only down sides I can find are I dont know what a few ingredients are...what is a capsicum is..the recipe says it's healthy recipes for Picky Eaters.

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