



Healthy Snacks for Kids (Revised edition)

By Penny Warner

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Bristol Publishing Enterprises Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Healthy Snacks for Kids (Revised edition), Penny Warner, It's always a question - what to give your kids to eat? You want them to eat healthy food, but you don't want them coming home saying, "I didn't have time at recess", or, "I didn't like the look of my sandwich and anyway I dropped it in the yard!". With this book, you'll always have ideas for sandwiches, snacks, and drinks - even breakfast and dinner treats that will keep your kids healthy, strong and energetic. The recipe titles in this book are almost as yummy as the recipes themselves: Monkey Bars, Wiggle Sicles, Corny Pudding, Tomato Balloons. "New Healthy Snacks for Kids" provides pizzazz to lunch and snack time, and helps calm the chaos of cranky children who need to eat now. Warner has great ideas for smuggling nutrition into old favourites. She suggests using "props" to spice up food and get kids enthusiastic about mealtime. Each recipe includes a graphic representation of the food pyramid that shows which foods are emphasised.



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Reviews

It is really an remarkable ebook that I actually have ever study. It is actually loaded with knowledge and wisdom You will not truly feel monotony at whenever you want of your time (that's what catalogs are for about in the event you check with me).

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Thorough information for publication lovers. it was actually writtern extremely properly and useful. I found out this publication from my i and dad suggested this book to learn.

-- Dr. Garnett McLaughlin II