



The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth

Ruby Roth

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Struggling to get your kids to eat their fruits and vegetables? Try letting them help themselves!

Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistible cookbook presents 60 appealing recipes kids will beg to make themselves, in fun and charming illustrations they will love. Bursting with color, humor, cute animal characters, and cool facts (did you know your brain actually shrinks when you're dehydrated? Drink water, quick!), *Help Yourself* empowers children to take charge of their own nutrition -- for now and for life!

Recipes include:

- fun-to-munch hand-held snacks like Life Boats.
- bright fruit-flavored drinks like Tickled Pink.
- the always popular things-on-toast, like Leprechaun Footprints.
- salads they will actually eat, like Tiger Stripes.
- cozy soups like Tomato Tornado.
- and sweets like chocolatey Disappearing Dots!

Excerpt from the Intro:

Since the day you were born, someone has been making you food and serving you meals (that's the life!). But wait a minute...what's that on the end of your arm? Why, it's a hand! And it turns out you need little more than your own two hands and a few ingredients to help yourself to healthy foods...and help the world, while you're at it! Because from the tip of your nose to the tip of an iceberg, the food we eat affects our bodies, our environment, and even strangers on the other side of the planet. It's amazing but true.

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From reader reviews:

Joy Hanson:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a guide. Beside you can solve your condition; you can add your knowledge by the e-book entitled The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth. Try to stumble through book The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth as your pal. It means that it can to become your friend when you truly feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunated for you personally. The book makes you considerably more confidence because you can know every little thing by the book. So , let me make new experience along with knowledge with this book.

Rodney Richardson:

The book The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth give you a sense of feeling enjoy for your spare time. You need to use to make your capable more increase. Book can to get your best friend when you getting pressure or having big problem together with your subject. If you can make reading a book The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth to be your habit, you can get much more advantages, like add your current capable, increase your knowledge about several or all subjects. You may know everything if you like wide open and read a guide The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth. Kinds of book are several. It means that, science guide or encyclopedia or other people. So , how do you think about this reserve?

Mark Johnson:

This book untitled The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth to be one of several books that best seller in this year, that is because when you read this reserve you can get a lot of benefit in it. You will easily to buy this specific book in the book shop or you can order it through online. The publisher on this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Mobile phone. So there is no reason to you personally to past this guide from your list.

Robert Barker:

People live in this new day of lifestyle always aim to and must have the spare time or they will get large amount of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely without a doubt. People is human not just a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you of course your answer will probably unlimited right.

Then do you ever try this one, reading publications. It can be your alternative throughout spending your spare time, the particular book you have read is definitely The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth.

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