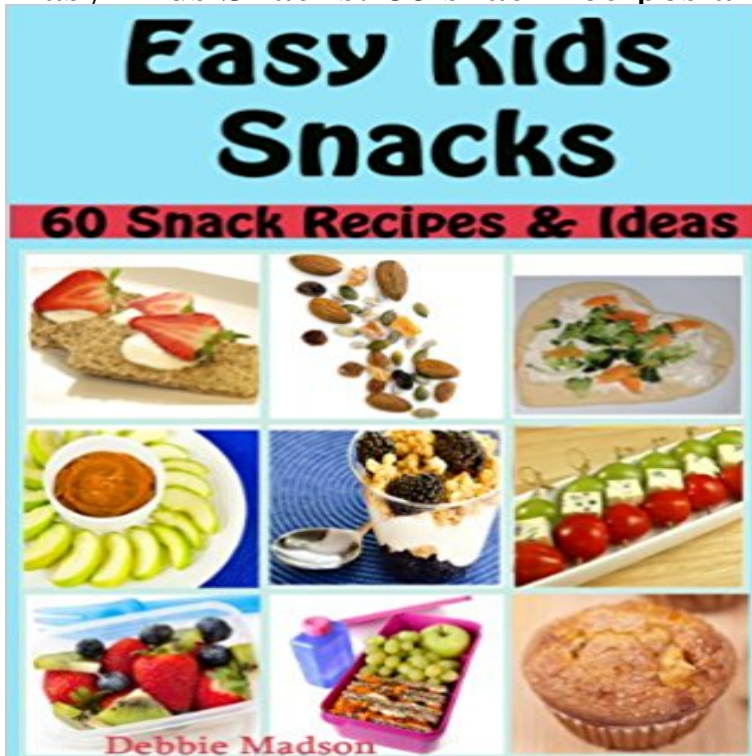


Easy Kids Snacks: 60 snack recipes and Ideas (Family Cooking Series)



Today snacking is a common everyday pastime. Many of us snack without even thinking what we are eating or why we are eating it. Kids snacks are important to provide energy and nourishment throughout their day. However, they want something quick and easy, which many times results in a bag of chips or whatever you have in the cupboard. Encourage your kids to get involved in cooking. Children are naturally curious and teaching them to cook will help instill healthy eating habits, as well as encourage them to try new foods. This cookbook is focused on: Involving kids in cooking activities Making delicious snacks that are ready in a few minutes Introducing new snacks for kids to try Using the most healthiest and natural ingredients You'll find in the cookbook 5 basic categories including fruit snacks vegetable snacks mini meals sweet snacks salty snacks For a total of 60 recipes all healthy, quick and easy. ?

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