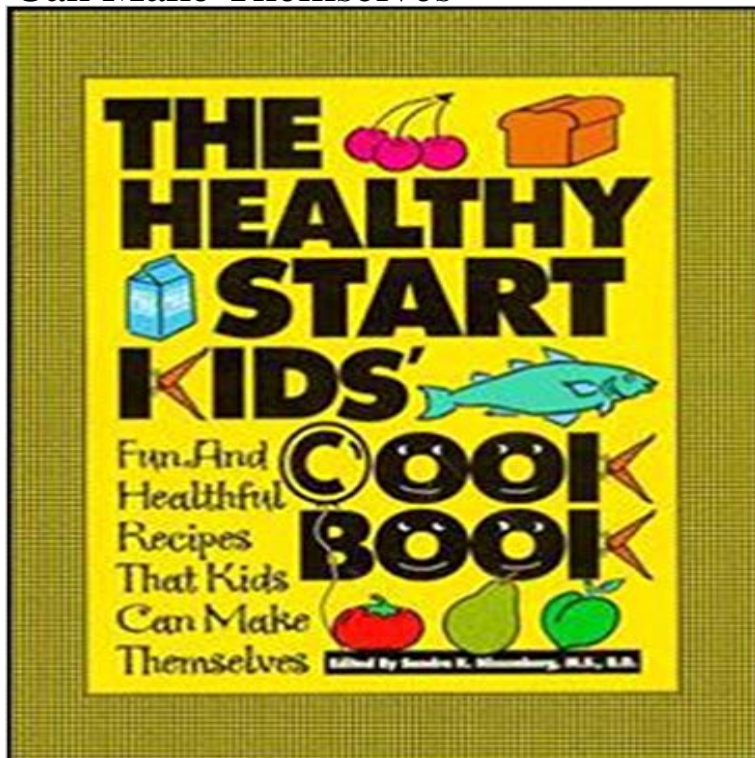


The Healthy Start Kids Cookbook: Fun and Healthful Recipes That Kids Can Make Themselves



Kids Can Now Have Their Mudcake and Eat It, Too. The Healthy Start Kids Cookbook shows 6- to 10-year-olds that making nutritious food they love can be just as fun as eating it. With a little help from an adult, children can create delicious, easy, and imaginative concoctions that are surprisingly good for them. Each recipe includes step-by-step instructions, preparation and cooking times, utensil listings, and complete nutrition information. In all, this illustrated cookbook contains 90 fun kid-tested recipes fully approved by parents and nutritionists alike. Included are fun-to-make recipes you'll feel good about that kids eat-up, such as: Painted Pancakes Fruit Kabobs Oven Baked Chicken Nuggets Kids Quick Chili Friendly Fowl in Foil Gingerbread Muffins The book also offers kitchen safety tips and recipes for special occasions like birthdays and the last day of school. Lively and kid-friendly, (this book) incorporates all the elements of healthful eating into a simple guide for kids. -- Mindy Hermann, R.D., Consulting Nutrition Editor, Child Magazine

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