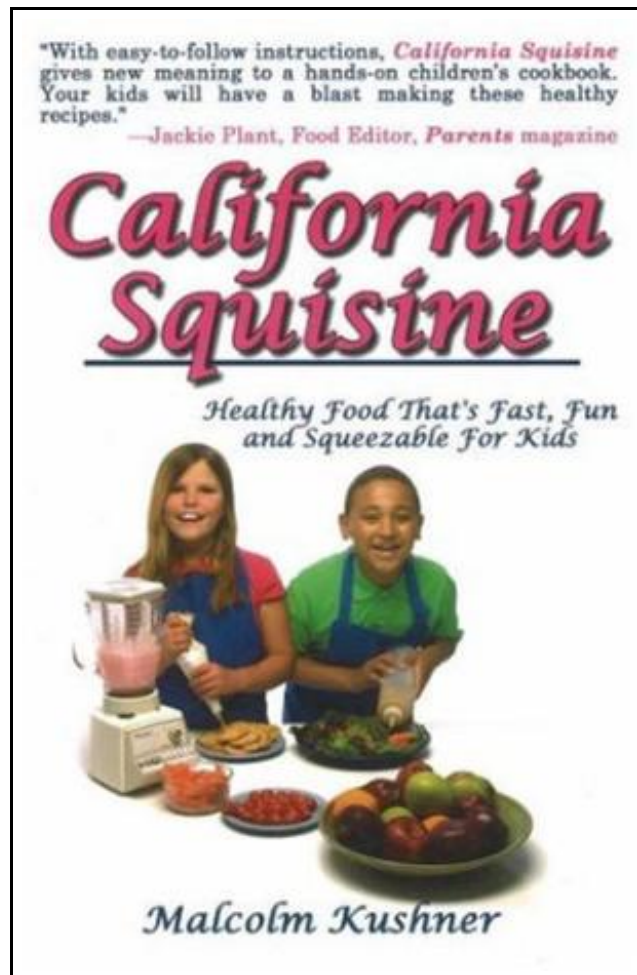


California Squisine: Healthy Food Thats Fast and Fun for Kids



Filesize: 7.27 MB

Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.

(Adolfo Lindgren)

CALIFORNIA SQUISINE: HEALTHY FOOD THATS FAST AND FUN FOR KIDS

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Robert Reed Publishers. Paperback. Book Condition: New. Paperback. 112 pages. The primary purpose of this cookbook, even though entertaining, is to offer kids a unique tool in Americas battle with poor eating habits fun. It encourages children to eat well by consuming squeezable recipes. Its really simple. Kids have fun squeezing tasty, nutritious sauces, dips and dressings over fruits and vegetables. Then they eat their creations. No cooking is required!Children can prepare the recipes themselves or with an adult. Many kids today think a balanced diet means a cookie in each hand, says Malcolm Kushner, author. I want them to have a fruit or vegetable in each hand. While squisine is not aimed specifically at weight-loss, it will encourage children to eat healthier foods, which will naturally produce weight-loss. Squeezing a tasty sauce or dressing over fruits and vegetables makes it more likely kids will eat them. Each of the 100 squeezable recipes is nutritious, pediatrician-approved, kid-tested, quick and easy to make, and fun to eat. In an age when obesity is epidemic, here is a simple formula for fun and healthy eating: Squisine squeeze cuisine. Even Einstein would agree!CALIFORNIA SQUISINE offers a unique tool in Americas battle with poor eating habitsFUN. It encourages children to eat well by consuming squeezable recipes. Its really simple. Kids have fun squeezing tasty, nutritious sauces, dips, and dressings over fruits and vegetable. Then they eat their creations. No cooking is required. And for adults who want to play with fancier presentations of food when they have company, this book will stimulate their imaginations as well. It is important to note that this isnt JUST a cookbook for kids as it first appears. It is a cookbook for parents to use with their kids to get them excited about creating squeezable food and eating...



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