



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:

Lisa Martin:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth can be great book to read. May be it is usually best activity to you.

Michael Johnson:

A lot of people always spent their particular free time to vacation or even go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth it is very good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not to cover but this book provides high quality.

Chad Brown:

People live in this new time of lifestyle always attempt to and must have the time or they will get lot of stress from both day to day life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, often the book you have read is actually The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth.

Opal Moffett:

Reading can called head hangout, why? Because when you find yourself reading a book mainly book entitled The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth your brain will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a e-book then become one contact form conclusion and explanation which maybe you never get ahead of. The The

Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth giving you a different experience more than blown away the mind but also giving you useful data for your better life in this era. So now let us explain to you the relaxing pattern this is your body and mind will be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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