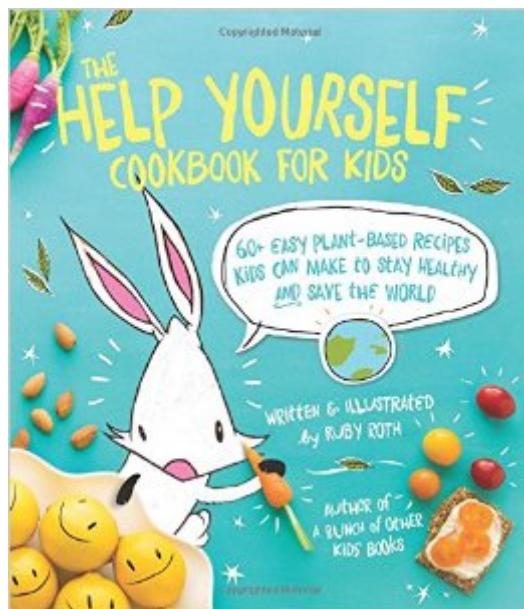


The book was found

The Help Yourself Cookbook For Kids: 60 Easy Plant-Based Recipes Kids Can Make To Stay Healthy And Save The Earth



Synopsis

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.

Book Information

Paperback: 144 pages

Publisher: Andrews McMeel Publishing (April 5, 2016)

Language: English

ISBN-10: 1449471870

ISBN-13: 978-1449471873

Product Dimensions: 8 x 0.4 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (42 customer reviews)

Best Sellers Rank: #13,656 in Books (See Top 100 in Books) #18 in Books > Children's Books > Children's Cookbooks #1115 in Books > Children's Books > Animals

Age Range: 6 - 12 years

Grade Level: 1 - 7

Customer Reviews

The book is really beautiful. The images are colorful, cute, and very appealing! I bought this book for

my daughter so she could pick out recipes to do together. I think the main point of this cookbook is allowing children to be part of the food making process. They see where their food comes from and feel proud to be able to cook their own food with the help of a parent. It helps them build healthy eating habits and begin to learn kitchen/cooking skills. The recipes themselves are the types of things kids like eating. Many vegan recipes are full of strong spices and tend not to be child friendly, but these are perfect for the picky eater. I'm fairly certain my kid will like most of these. I'm really glad I got this and look forward to cooking together!

Such a great book! My 9 year old daughter was so excited to go the grocery store and get ingredients to make some of these recipes. She's already made us (with some help from dad) several dishes including the "cheezy" broccoli which was great! Highly recommend. great recipes that taste great!

This book gave me great ideas on what to make for my tofdlwr. I love it! Ver y colorful and creative

My 9 year old read this as his bedtime reading and came down to the kitchen the next morning with so many recipes that he said looked "tasty" and wanted to try. Kudos to Ruby Roth on this cute, informative and simple recipes that kids will love to make!

My kids love this book and it really helped becoming vegan be an easy transition for them. Would recommend this for children of all ages and ability. Just the vibrant colors alone make you want to read it.

My 8 year old son uses this cookbook several times a week - sometimes several times per day! He is currently making me an un-stick in the mud chocolate smoothie. We did several of the recipes together when we first received the book to help refine his measurement skills. Now there are many recipes that he can make with very minimal assistance.

Love, love, love this book! My 7 year old daughter has been on board with my vegan cooking and lifestyle for over 2 years now and this is the perfect introduction into the kitchen for her. Not only is the content great but the illustrations and layout are beautiful and fun. We have tried five of the recipes together, which were loved by vegans and non-vegans alike.

What an amazing cookbook. MY little 4 year old looooves it! This is an outstanding book. He is always wanting to make something new out of "his cookbook" I highly recommend this for anyone no matter your dieting choices.

[Download to continue reading...](#)

The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss The Book of Veganish: The Ultimate Guide to Easing into a Plant-Based, Cruelty-Free, Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone can Make Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes 2017 Calendar: Dream Big, Stay Positive, and Always Believe in Yourself Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes Nourishing Noodles: Spiralize Nearly 100 Plant-Based Recipes for Zoodles, Ribbons, and Other Vegetable Spirals Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series) Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body Veggie Mama: A Fun, Wholesome Guide to Feeding Your Kids Tasty Plant-Based Meals Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron)

[Dmca](#)