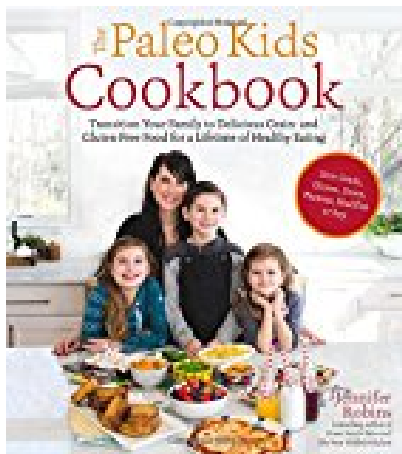


The Paleo Kids Cookbook Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating



BOOK DETAILS

- Author : Jennifer Robins
- Pages : 240 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624142877

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BOOK SYNOPSIS

100 Awesome Paleo Recipes to Help Your Kids Eat Well Today and Every Day Transform your family's diet for good with whole-food recipes that appeal to kids' tastes and your nutrition and health goals. Bestselling Paleo cookbook author Jennifer Robins committed to taking her three kids on this journey to a better diet and a better life, and they made it! She knows firsthand that while it may be challenging, the transition is unquestionably worth it. As she transitioned her family's diet, she learned tricks and techniques that will get you over the tough hurdles. Some of her strategies you'll learn about are making healthy ingredients kid friendly with creative and tasty recipes, getting the kids involved in the cooking adventure and being consistent. Invite your kids to join you in the kitchen and have fun making recipes they'll love that are grain-, dairy- and gluten-free, such as: - French Toast Sticks -Pale-O's Cereal -Chicken Nuggets -Pizza Pockets -Animal Crackers -Sweet Potato Bacon Tots -Soft Pretzels -Double Chocolate Layer Cake The Paleo Kids Cookbook is packed with everything you need to give your kids the best gift you can—a lifetime of healthy eating habits and great food.

THE PALEO KIDS COOKBOOK TRANSITION YOUR FAMILY TO DELICIOUS GRAIN- AND GLUTEN-FREE FOOD FOR A LIFETIME OF HEALTHY EATING -

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