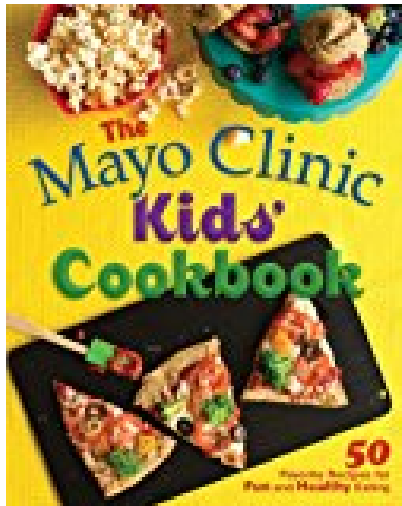


# The Mayo Clinic Kids Cookbook 50 Favorite Recipes for Fun and Healthy Eating

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## BOOK DETAILS

- Author : Mayo Clinic
- Pages : 128 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 1561487511

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## BOOK SYNOPSIS

Here are 50 fantastic recipes just for kids from Mayo Clinic, the leading authority on health and nutrition. These recipes, which include main dishes, as well as snacks, are so delicious, kids won't realize they're also healthy! Let's introduce our kids to the pleasure of cooking healthy food! We've teamed up again with Mayo Clinic, a leading authority in health and nutrition, to give kids 50 great recipes they'll love to make and to eat! Kids absolutely enjoy kitchen projects, and they are much more likely to eat what they help to cook. When their cooking projects come from The Mayo Clinic Kids Cookbook, they will develop a taste for vegetables, lean meats, and whole grains, which will stay with them for a lifetime. We've organized the cookbook so kids know which steps need adult help. We give gentle reminders about heat and sharp utensils to keep kids safe. We offer tips throughout about how to wash, snip, and process raw ingredients. Each recipe is illustrated with a colorful photo. Each recipe has clear, step-by-step directions. Each recipe includes a handy list of equipment needed for cooks who are still learning their way around the kitchen. The book includes a range of recipes — some so simple and quick that no adult help is needed, and others for junior cooks who are moving beyond the basics. How proud your kids will be to prepare Taco in a Bowl or Italian Oven Fries. Give the gift of healthy cooking and eating to your kids.

### **THE MAYO CLINIC KIDS COOKBOOK 50 FAVORITE RECIPES FOR FUN AND HEALTHY EATING**

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