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The Mayo Clinic Kids Cookbook: 50 Favorite Recipes for Fun and Healthy Eating (Paperback)

By Mayo Clinic

GOOD BOOKS, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. 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...



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Reviews

This book will be worth buying. Better than never, though I am quite late in starting reading this one. You may like how the blogger composed this publication.
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It is an incredible publication that we have actually read through. It is among the most incredible PDFs I actually have studied. I am just pleased to let you know that here is the very best PDF I actually have studied in my personal lifestyle and could be the greatest book for possibly.
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