

No Whine With Dinner: 150 Healthy Kid-tested Recipes From The Meal Makeover Moms - , Janice Newell Bissex

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Written by Liz Weiss and Janice Newell Bissex --- the dietitians behind the popular cooking blog, Meal Makeover Moms' Kitchen --- the book features 150 easy-to-make, family-friendly recipes as well as 50 moms' secrets for getting picky eaters to try new foods. Every recipe in No Whine with Dinner was tested by moms and tasted by kids. With recipes like Smiley Face Casserole, Grab-and-Go Granola Bars, Piping-Hot Peanut Butter Soup, Fruity Chicken Kebabs, Sweet Brussels Sprouts, and Twice Baked Super Spuds, the dietitian duo aims to bring fun flavors and better nutrition to families everywhere. After the publication of their first cookbook, The Moms' Guide to Meal Makeover and the launch of their website, MealMakeoverMoms.com, Weiss and Bissex established themselves as two of the nation's leading experts on family nutrition. The idea for No Whine with Dinner came from a survey of nearly 600 moms who identified "picky eaters who whine and complain" as the number one obstacle to getting their children to eat healthy, well-balanced meals. Filled with beautiful photographs of their recipes --- breakfast, lunch box, soups, slow cooker, casseroles, snacks, and desserts --- and adorable photos of the hundreds of kids who tested their recipes, No Whine with Dinner is a must-have cookbook for families who crave flavor as well as good health. Author: Weiss, Liz Author: Newell Bissex, Janice Publisher: Favorite Recipes Press Illustration: N Language: ENG Title: No Whine With Dinner: 150 Healthy Kid-Tested Recipes from the Meal Makeover Moms Pages: 00230 (Encrypted EPUB) On Sale: 2011-07-01 SKU-13/ISBN: 9780615381220 Category: Cooking : Health & Healing - General Category: Cooking : Methods - Quick & Easy

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