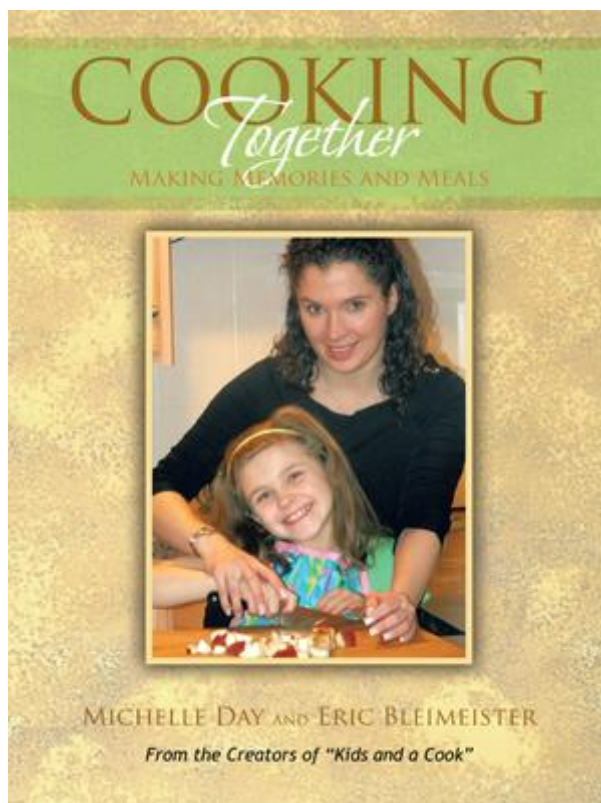


Cooking Together: Making Memories And Meals - , Eric Bleimeister



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Cooking with kids is more than merely making cookies or brownies together for some special occasion. Cooking Together: Making Memories and Meals is packed with useful information, historic tidbits, and culinary advice-all of which provides an opportunity to teach kids healthy habits while having fun. From super-hero muffins to roasted vegetable wraps with herb spread, this cookbook features over one hundred mouth-watering recipes, lots of useful information, and valuable insight into how to improve your family's diet. They'll learn how to make delicious meals that the entire family will enjoy-meals that are healthy, easy-to-prepare, and tasty. Establishing a bond over preparing the family meal provides children with a sense of stability that will carry them into adulthood. This volume offers more than recipes. It's about teaching your family healthy eating habits by exploring new foods and augmenting recipes in a manner that will ingratiate children to positive dietary habits. Cooking Together includes important information about food throughout the book. Making a meal is a terrific way for Moms and Dads to interact with their kids, building memories and sharing the dinner chores. By uusing Michelle Day's commonsense

approach to family cooking, children can learn healthy eating habits and enjoy family together times. Author: Day, Michelle Author: Bleimeister, Eric Publisher: iUniverse.com Illustration: N Language: ENG Title: Cooking Together: Making Memories and Meals Pages: 00000 (Encrypted PDF) On Sale: 2011-08-17 SKU-13/ISBN: 9781462014408 Category: Cooking : General Category: Cooking : Health & Healing - General

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