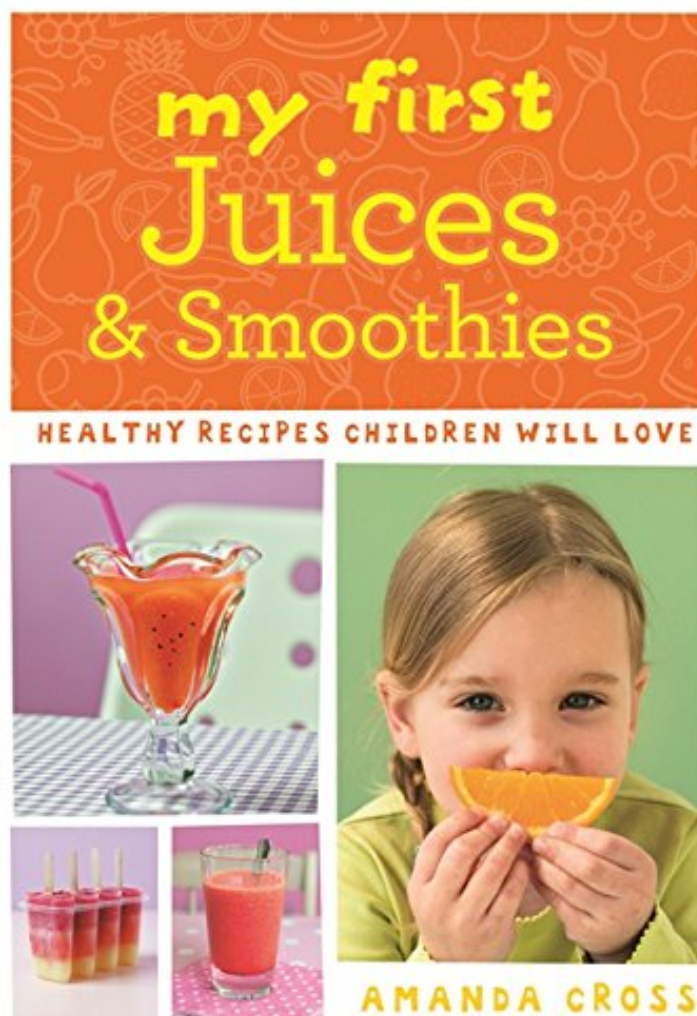


(Ebook pdf) My First Juices and Smoothies

My First Juices and Smoothies

Amanda Cross

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#3804861 in Books 2014-09-02 2014-09-02 Original language: English PDF # 1 8.25 x .50 x 6.001, .0 #File Name: 0600629678128 pages | File size: 31.Mb

Amanda Cross : My First Juices and Smoothies before purchasing it in order to gauge whether or not it would be worth my time, and all praised My First Juices and Smoothies:

0 of 0 people found the following review helpful. My 8 yr old daughter chose this at the library ...By Melissa M Hogan My 8 yr old daughter chose this at the library and we've tried 5 of the recipes so far. Each one has a blurb about what nutrients each ingredient provides in the recipe and how that can affect the body. She's learning and enjoying making each recipe.

It's easy to get children to eat healthy fruit and veg if you know how. More than 60 recipes for juices and smoothies will ensure your kids get their 5-a-day the easy way. From fresh citrus fruits to sweet berries, whatever your children's

tipple there's a juice or smoothie to please (grown-ups will enjoy them too). Quick and easy to prepare, the delicious recipes inside are guaranteed to boost health and vitality. Each juice or smoothie is accompanied by notes to explain what essential vitamins and minerals they will provide, so you can target specific deficiencies.

From School Library Journal PreS-Gr 1—No longer sidelined in the kitchen, young children can join in the cooking fun. Though kids are the obvious focus of these books (adorably showcased in color photos), cooking directives and instructions are geared toward adults, who will pick up solid recommendations on imparting dietary wisdom to fledgling chefs. Young foodies can participate in creating appetizing recipes, and they'll delight in sampling the simple, inventive, and scrumptious goodies they help whip up, from zucchini muffins and gingerbread people to ice pops. Juices Smoothies also contains brief information on the health benefits of each drink (for instance, Jump-Start is a "good juice to drink during sports activities because it is isotonic"). Tantalizing, kid-friendly names, such as "Princess Peachy," "Run Rabbit Run," "Money Bags," and "Cheesy Feet" exemplify equally fun dishes. These books will easily become everyday favorites.—Kathryn Diman, Bass Harbor Memorial Library, Bernard, ME

About the Author Amanda Cross, a trained nutritionist, has had a varied career including TV presenter for UK Living and Channel Health, health and beauty journalist and author. She is the author of Food Boosters for Kids, Miracle Soups and Curb the Carb.