

[Free] Smoothies for Kids

Smoothies for Kids

Eliq Maranik

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#3728830 in Books Maranik Eliq 2016-09-13Original language:English 9.20 x .50 x 7.60l, .0 #File Name: 3848009978112 pagesSmoothies for Kids | File size: 16.Mb

Eliq Maranik : Smoothies for Kids before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies for Kids:

Introducing your kids to fruits and vegetables can be a chore at the best of times. This book makes sure that your kids learn the nutritional benefits of fruit and vegetables, while having lots of fun at the same time. Hand in hand with thirty boys and girls aged between six and thirteen, smoothie expert Eliq Maranik has developed thirty-nine simple, healthy, and wholesome smoothie recipes that every child will love. The ingredients range from fruits, vegetables, nuts and seeds to superfoods and dairy products. Concise and exciting facts about the ingredients and little experiments turn each straightforward recipe, with easy to follow steps, into an experience for the entire family, while practical tips will help your children to create their very own smoothies. A child-oriented fruit-ABC with pictures of each ingredient, followed by a glossary of terms, round off this beautiful publication.

About the Author Eliq Maranik worked in gastronomy before starting as a freelance Art Director for book production, and has since then specialized in high-quality cookbooks. As an expert on smoothies she has gained international recognition. Her books have been published in twelve languages and have been sold in thirty countries around the world.