

Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating (Hardback)



Filesize: 1.27 MB

Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

(Michale Shields)

GREEN SMOOTHIES FOR KIDS: TEACH YOUR CHILDREN TO ENJOY HEALTHY EATING (HARDBACK)

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Skyhorse Publishing, United States, 2016. Hardback. Book Condition: New. 190 x 190 mm. Language: English . Brand New Book. Are you tired of every meal time turning into a face-off with your child over a teaspoon of peas? Do you feel guilty and worried that your child is not getting enough veggies in their diet? Do you wish there was a simpler way to get your kids to like them? Well there is! Blitz them up, chug them down--that s the order of the day. Moms no longer need to fret over their children s nutrition--this book is the answer they ve been waiting for. It s the complete how to guide to get even the most stubborn child on board with healthy green smoothies. The book is contains 35 scrumptious and nutritious recipes that have been divided into beginner, intermediate, and expert so everyone can work through them at a pace that best suits their lifestyle and their child. With a complete nutritional breakdown of all the best smoothie ingredients, readers will soon be blending their own masterpieces according to the specific health benefits they want for their family. This book explains why sugar is so bad for growing bodies and even includes a section on allergy substitutions. It s packed full of practical tips and tricks to transition one s family into smoothie lovers, including a guide to selecting the best blender. As delicious as milkshake, few kids will be able to resist these amazing smoothies that are crammed full of goodness--in fact, after a while, they will be begging you to make them! Everything you could possibly need to get your kids started on green smoothies can be found in this comprehensive book. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish...



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