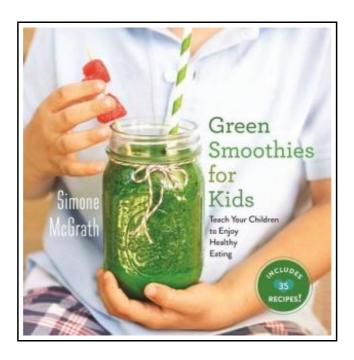
### Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating (Hardback)



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)



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...

- Read Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating (Hardback) Online
- Download PDF Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating (Hardback)

#### See Also



### A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New.  $251 \times 178$  mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Save Book »



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.Merry Xmas! Your kid will love this adorable Christmas book...

Save Book »



#### Eat Your Green Beans, Now! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is the original version with blackand-white illustrations. JoJo is an active and...

Save Book »



## Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Save Book »



### No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do You Have NO Friends? Are you tired of not having any...

Save Book »