



Kids' Fun and Healthy Cookbook

By Nicola Graimes

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This cookbook is a lively collection of more than 100 step-by-step recipes for kids that puts the fun back into healthy eating, and encourages kids to consider what they eat and how it affects their bodies.

Featuring everything from pizzas and burgers to tofu kebabs and seafood salads, each dish in *Kids' Fun and Healthy Cookbook* has been developed by an award-winning food writer to both nourish the body and tempt the taste buds. Step-by-step photographs help junior chefs through each recipe, and food fact sections highlight specific ingredients and detail what makes them beneficial.

Think healthy food can't be fun? Think again! With *Kids' Fun and Healthy Cookbook*, food can be tasty and nutritious.

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