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# Petit Appetit: Eat, Drink, And Be Merry: Easy, Organic Snacks, Beverages, And Party Foods For Kids Of All Ages



## Synopsis

Delicious organic recipes from an award-winning organic-foods cookbook author and nutrition expert. As kids get older, parents get busier, and they all need simple, creative, healthy ideas and recipes for school lunches, snacks, drinks and the seemingly endless round of parties, playdates, and special occasions. This all-new collection of recipes from *Petit Appetit* is just what they need. These nutritious, organic, and easy-to-prepare snacks, drinks, and celebration foods are the perfect alternative to processed store-bought items laden with high fructose corn syrup, trans fats, additives, and preservatives. Chef and mother Lisa Barnes' simple, delicious recipes enable parents to think outside the bag (of processed chips, crackers, and cookies) and learn how to create new family favorites with healthy, organic ingredients. *Petit Appetit: Eat, Drink, and Be Merry* features: Expert advice, tips, and stories Nutritional, dietary, and allergy information throughout Best methods for packing and storage More than 150 recipes

## Book Information

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## Customer Reviews

What a wealth of information! I highly recommend this book to any parent who wants ideas of healthy (but also delicious) foods to prepare for their family...or for reinforcement of what you may be doing "right". Snap it up at 's bargain price!!! purchased this book, after searching for books on children's nutrition and kid-pleasing healthy cookbooks this fall. It sounded like Lisa's first book was well received so I preordered this one. When it arrived this week I wanted to read it cover to cover! It has so much information, but is also presented in an attainable, simple way. Lisa is a mom and she clearly "gets it". The book is realistic, not preachy. It covers the seasonal/local/organic issues...gives

good ideas for involving your children in the planning/cooking process...and is chock full of interesting recipes. So far, I have prepared her Mango Chicken Quesadillas (per Lisa's recipe for my kids, then added some spicy mango chutney and made a side of chili spiked sour cream to the second batch for my book club coming over later that night). They were great on both fronts. Tonight I whipped up "Ellery's Minestrone Soup" in an effort to give my kids a warm, veggie filled entrée. It is colorful, our kitchen smells wonderful, and my two mini taste testers approved. Another hit from her book. It took just a half hour to prepare. I substituted Trader Joe's Alphabet pasta for the macaroni, and added some "excitement" to the meal (if you're six years old!). Nutrition information is provided on the side bar of each recipe, as are pictorial keys ("perfect for packing"... "gluten free"... "vegetarian", etc.) The only thing that I feel is maybe missing from Lisa's book is an index of the recipes by each recipe by these categorizations.

You want to eat right. You want your family to eat right. And maybe you'd like to eat with more organic ingredients too. But you also have a picky eater and you're just trying to get by with anything your child will eat! And all of those things can seem so overwhelming that you just fall back on to your old standbys. And imagine trying to do all that and celebrate a special occasion too! Enter this book! The author focuses on the special celebrations in a child's life AND keeping them healthy and delicious. The first several chapters provide a basic introduction to learning more about what's in our foods with Do You Know What They're Eating? or Choosing Organic: Why, When and How. Also included are chapters on Instilling Good Eating Habits at Home and Away and Having Fun with Food and Family. The author provides practical tips for making these goals a reality in a realistic way that makes it really do-able. The recipe section is divided into three main categories--Eat, Drink & Be Merry, you can find recipes for Chicken-Mango Quesadillas, Baked "Zuke" Sticks or Cheese and Egg Roll as things to "Eat". Or Mango-Carrot Smoothie, Almond Milk or Pear White Tea are sure to quench anyone's thirst in the "Drink" section! "Be Merry" offers not only recipes but party ideas for birthdays like Baby Bundt Cakes, Pizza Parties with Pesto Pizza Dough, and Holidays like an early New Year's Eve or St. Patrick's Day with Spinach Hummus or even "any day" celebrations like a Picnic in the Park or First Day of Snow Chocolatey Cookies. But what makes this book especially good is that the recipes are really do-able! You don't have to spend a lot of time in the kitchen to provide healthy and tasty treats for those special celebrations (or just whenever!)

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