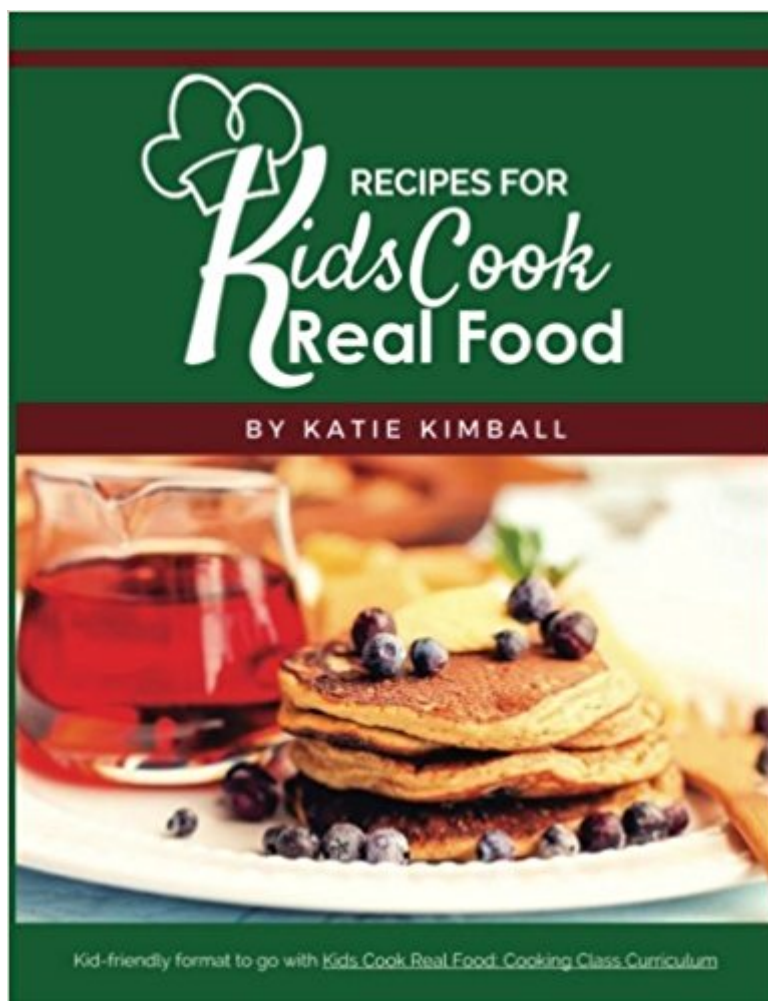


The book was found

Recipes For Kids Cook Real Food



Synopsis

This companion recipe book for the Kids Cook Real Food course contains all the recipes you and your students will need for each level of the course. The Kids Cook Real Food course will help your children discover and nurture their strengths, learn how to make something out of ingredients without anyone else's help, and know how to feed themselves healthy food as they grow into adulthood. Pick up this recipe book and the extension recipe book along with Kids Cook Real Food: Cooking Class Curriculum by Katie Kimball and get started teaching your kids to cook.

Book Information

Paperback: 56 pages

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Customer Reviews

I'm Katie Kimball, and as a mom of 4 I hit this point where I was too busy and too stressed out to even think about inviting my kids to help me in the kitchen. But I needed help so I could stop being so busy and spend time enjoying my children. For the good of my whole family, it was time to teach my kids to cook. My educational background is in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. Even though I love cooking myself, sometimes having my kids in the kitchen was as painful as doing crafts and finding glitter on everything two months later. But I didn't want my kids leaving for college not knowing how to cut a vegetable and ending up relying on frozen dinners the whole time! I gave myself many pep talks so I'd remember how important it was, and once I began to see the fruits of my labor, I realized I needed to share our methods with more people. That's why I created the Kids Cook Real Food Course, and why I can't wait to share it with your family.

This recipe book (which is meant to go along with Kids Cook Real Food: Cooking Class

Curriculum) is full of kid-friendly real food recipes. Most of the are allergen free, or easy to adapt, and my favorite part of this whole book is that there aren't any fake "food" ingredients that a lot of kids cook books have in them. It's all from scratch cooking, and really healthy foods that kids tend to enjoy. There are things like pumpkin muffins, cheese sauce for veggies or pasta, homemade "jello", and some really basic step by step recipes for things like scrambled eggs, ants on a lot, and instructions for how to cook dry beans. This book really is best used as a companion to the Kids Cook Real Food curriculum that I linked to above. I've used the two in tandem, along with the online access to the video course to teach my kids how to cook, and I am SO glad that I did.

I love these recipes, my kids love these recipes. I have reluctant eaters, and by preparing their own meals they are eating more and are excited to do so. Plus, these are well-thought-out recipes that I know are healthy for my kids. It's truly a win-win for us all!

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