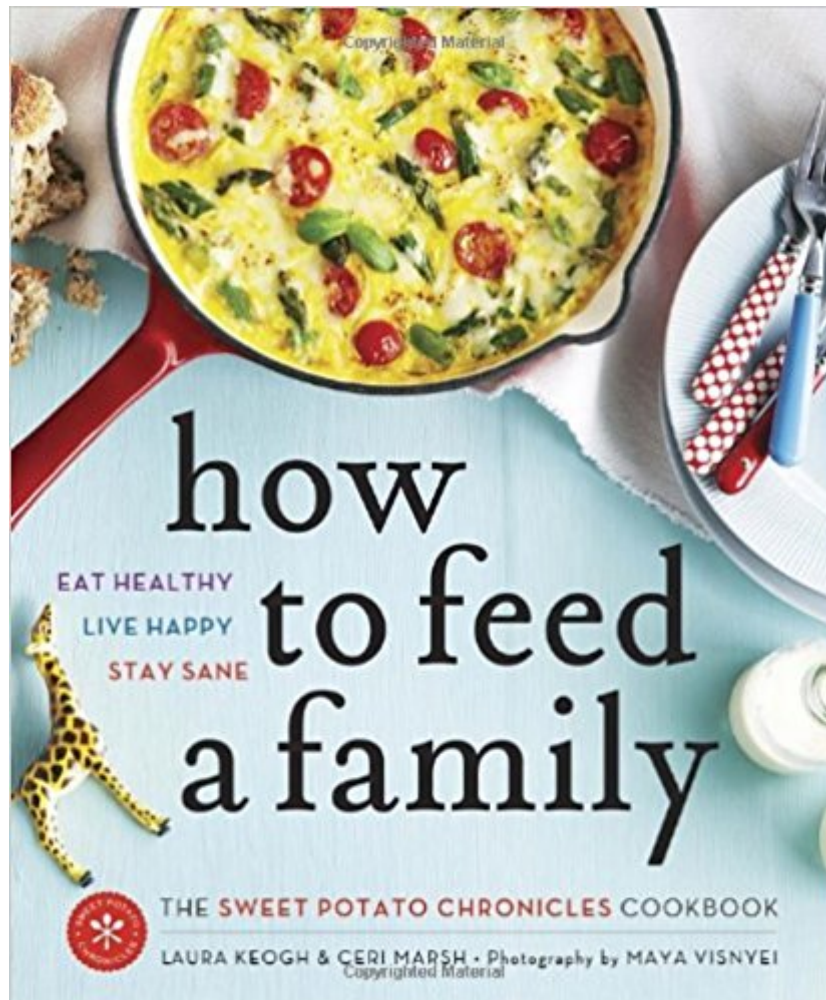




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# How To Feed A Family: The Sweet Potato Chronicles Cookbook



## Synopsis

**\*\*Breakfast\*\*Brunch\*\*The Lunch Box\*\*Snack Attack\*\*Dinners\*\*Desserts\*\***What could be more important to parents than a healthy, well-fed family? As two urban, working moms, Ceri Marsh and Laura Keogh learned quickly how challenging healthy meal-times can be. So they joined forces to create the Sweet Potato Chronicles, a website written for, and by, non-judgemental moms, packed full of nutritious recipes for families. In the *How to Feed a Family* cookbook, Laura and Ceri have selected their very favorite recipes, to create a collection of more than 100 for all ages to enjoy. These are recipes that are tailored specifically to families: they are simple, fast, easy-to-follow, and use ingredients that are readily-available at your local grocery store. Ceri and Laura unveil their tried, tested and true tricks for turning nutritious, sophisticated dishes into kid-friendly masterpieces, that will guarantee you success at meal-time, time and time again. Interspersed with the recipes are parenting tips and advice to encourage happy meal-times for the whole family: get ready to turn your picky eaters into enthusiastic kitchen helpers!

## Book Information

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## Customer Reviews

LAURA KEOGH and CERI MARSH, former Fashion magazine editors, traded the fast-paced world of fashion for the even faster, more frantic pace of parenthood. Leaving behind stilettos and cocktails, for spatulas and kale, the pair teamed up to create [www.sweetpotatochronicles.com](http://www.sweetpotatochronicles.com), a website dedicated to providing inspiration and information for parents looking to create healthy lifestyles for their families. Keogh and Marsh live in Toronto, ON, with their husbands and children. The author lives in Toronto, ON.

This is the BEST cookbook for easy meals that are both healthy and look like you spent a lot of time and effort on them. I do not cook or really enjoy it but have become quite the chef lately thanks to this easy to follow cook book. My husband and 3 year old are very pleased!

I have so many recipe books gathering dust that I was reluctant to buy another one, but this one is different. It isn't about creating "Pinterest worthy" meals. It isn't about carbs or calories. It is about feeding your family food that you know all the ingredients, that is delicious, and that three kids will eat. I can't say enough good things!!!

Great book, we cook from here often. I like the meal planning. I just wish there were more "on the go" snack recipes.

I love this book. We have tried a handful of recipes and they are delish. Any meal that makes 2 kids, a husband, and me happy is a winner and this book has tons!

The recipes are easy to follow - nothing super fancy but full of good ideas on how to get more vegetables into everyone (the macaroni & cheese with kale bread crumb topping is great). The photo illustrations are beautiful and while the authors' kids are a little on the precious side, can you really complain about anyone whose proud of their kids?

I HAVE TRIED SEVERAL OF THE RECIPES IN THIS BOOK AND HAVE FOUND THEM TO BE TASTY, EASY TO PREPARE AND NUTRITIOUS. I HAVE RECOMMENDED IT TO MY FAMILY AND FRIENDS AND MANY HAVE PURCHASED IT.

I was expecting more. The recipes were a bit boring. I feel that some of these recipes were too easy for me to improve upon, but maybe I just like a bit more flavor I guess. Not horrible but not awesome. Again not what I was expecting.

Inspiring is the main word that comes to mind when I look through this fantastic cookbook. The photos are just stunning and filled with colorful fruits and vegetables and natural light. Each recipe starts with an engaging story which gives an interesting context and I also really liked the different takes on classic dishes like the Sweet Potato Hash Browns and Veggie Sloppy Joes. All of the food

is based in healthy ingredients, which I was very happy to see! I first tried the Cocoa Date Bars, which turned out to be an incredibly delicious treat and will definitely be a go-to snack in my family from now on. Another family favorite of ours from is the Deconstructed French Onion Soup, which uses bread cubes instead of slices of french bread and turns out perfect every time we make it. Excellent cookbook!

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