



# Cooking Healthy with the Kids in Mind

*JoAnna M. Lund*

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## **Cooking Healthy with the Kids in Mind** JoAnna M. Lund

In all of her phenomenally successful cookbooks, JoAnna Lund has proved that you can eat healthy and still have the kinds of foods you love to eat: hearty, delicious, and satisfying. Now, JoAnna offers enticing, easy-to-prepare, and good-for-you recipes that will keep every "kid" in the family coming back for more. This is family-style eating that even the busiest families can enjoy. And because no one outgrows the need for great-tasting food, *Cooking Healthy with the Kids in Mind* features more than two hundred recipes, from Get-Out-of-Bed Breakfasts to Fill-'Em-Up Main Dishes to Scrumptious Snacktimes. In addition to these great recipes, JoAnna offers practical advice on nutrition for kids, family fitness, helping your kids make healthy choices when they're not eating at home, and handling fussy eaters-no matter what their age.

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#### **Dorothy Alvarez:**

Is it an individual who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Cooking Healthy with the Kids in Mind can be the solution, oh how comes? A book you know. You are therefore out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

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