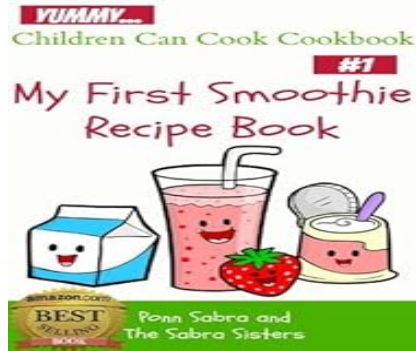


My First Smoothie Recipe Book (Children Can Cook Cookbook 1) By Ponn M. Sabra My First Smoothie Recipe Book (Children Can Cook Cookbook 1)



Amazon #1 Bestseller Cookbook For Kids By Kids There are many wonderful smoothie recipes in this book all created by kids. 5-star Amazon review Bman115 Childhood Obesity Is On The Rise Childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years* In 2010 more than 1/3 of children and adolescents were overweight or obese* * = Centers of Disease Control 2013 Smoothie Recipes For Kids Research shows that children who cook have higher self-esteem and eat healthier. All smoothie recipes in this debut Children Can Cook Cookbook was created by kids for kids Recipes are low in sugar high in nutrients and many are non-dairy based Each chapter leads with a fun and creative poem that teaches kids about the particular food group Chapters Include: * Citrus Smoothies* Berry Smoothies* Vegetable Smoothies* Yogurt Smoothies* Dairy Smoothies . So what do you say? Ready to make a smoothie today?Okay! Let's start making smoothies in our special kid way FREE Bonus Gifts Included With Your Purchase of My First Smoothie Recipe Book You can download a FREE MP3 audio recording of all the Smoothie Rhymes and Rhythms Coloring Pages and More with your purchase of this Kindle ebook. Sample Bonus Coloring Page My First Smoothie Recipe Book (Children Can Cook Cookbook 1)My 1st Smoothie Recipe Book by Pom Sabra dn the Sabra SistersGreat cookbook for kids.

,Love the story and how they are now writing down the family recipes and they are healthy because they learned that although they eat healthy and exercise it's not enough: Especially love the blueberry smoothies and everything is so easy to make, Create your own smoothie and you could be featured in next edition of their cookbook. There are many other books they've written for kids cooking that are highlighted at the end of the book, van Es Nutrient Wealthy - Simple Quick and Fabulous Recipes for the Kids: What better way to get kids in the kitchen then making simple fun healthy smoothies!? Fast and Fun Healthy and Easy - Perfect for Family Health. This unique cookbook is designed to introduce kids to the joy of cooking and exploring various healthy foods with adult supervision[1]

Yes they can help also.Love the rhymes as well.Even the vegetable ones have good combinations.Their goal is to get rid of childhood obesity. 5-star Amazon review T. 5-star Amazon review Kytka