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Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating (Hardback)

By Simone McGrath

Skyhorse Publishing, United States, 2016. Hardback. Book Condition: New. 190 x 190 mm. Language: English . Brand New Book. Are you tired of every meal time turning into a face-off with your child over a teaspoon of peas? Do you feel guilty and worried that your child is not getting enough veggies in their diet? Do you wish there was a simpler way to get your kids to like them? Well there is! Blitz them up, chug them down--that s the order of the day. Moms no longer need to fret over their children s nutrition--this book is the answer they ve been waiting for. It s the complete how to guide to get even the most stubborn child on board with healthy green smoothies. The book is contains 35 scrumptious and nutritious recipes that have been divided into beginner, intermediate, and expert so everyone can work through them at a pace that best suits their lifestyle and their child. With a complete nutritional breakdown of all the best smoothie ingredients, readers will soon be blending their own masterpieces according to the specific health benefits they want for their family. This book explains why sugar is so bad for growing...



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