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## Eat Your Greens Reds Yellows and Purples (Hardback)

By DK

Dorling Kindersley Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Eat Your Greens, Reds, Yellows and Purples is a colourful guide to delicious and nutritious vegetarian food for kids. Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids. Alongside nutrition facts, there are 25 vegetarian recipes for kids including soup, salad and stir-fry as well as treats such as a muffin, cheesecake and cupcake. Learn about vitamins, minerals, and all the amazing things that colourful fruit and vegetables can do - from how carrots help your vision to why peppers boost your immune system. The delicious, healthy meals and nutrition facts are enough to satisfy any hungry young appetite, so reach for your reds, pick up your purples and don't forget to Eat Your Greens, Reds, Yellows and Purples.



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-- **Michale Shields**

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