



Ebook Directory
the best source of ebook

The book was found

Recipes For Kids Cook Real Food



Synopsis

This companion recipe book for the Kids Cook Real Food course contains all the recipes you and your students will need for each level of the course. The Kids Cook Real Food course will help your children discover and nurture their strengths, learn how to make something out of ingredients without anyone else's help, and know how to feed themselves healthy food as they grow into adulthood. Pick up this recipe book and the extension recipe book along with Kids Cook Real Food: Cooking Class Curriculum by Katie Kimball and get started teaching your kids to cook.

Book Information

Paperback: 56 pages

Publisher: Kitchen Stewardship; 1 edition (May 11, 2017)

Language: English

ISBN-10: 1947031791

ISBN-13: 978-1947031791

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #787,123 in Books (See Top 100 in Books) #73 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking with Kids

Customer Reviews

I'm Katie Kimball, and as a mom of 4 I hit this point where I was too busy and too stressed out to even think about inviting my kids to help me in the kitchen. But I needed help so I could stop being so busy and spend time enjoying my children. For the good of my whole family, it was time to teach my kids to cook. My educational background is in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. Even though I love cooking myself, sometimes having my kids in the kitchen was as painful as doing crafts and finding glitter on everything two months later. But I didn't want my kids leaving for college not knowing how to cut a vegetable and ending up relying on frozen dinners the whole time! I gave myself many pep talks so I could remember how important it was, and once I began to see the fruits of my labor, I realized I needed to share our methods with more people. That's why I created the Kids Cook Real Food Course, and why I can't wait to share it with your family.

This recipe book (which is meant to go along with *Kids Cook Real Food: Cooking Class Curriculum*) is full of kid-friendly real food recipes. Most of the are allergen free, or easy to adapt, and my favorite part of this whole book is that there aren't any fake "food" ingredients that a lot of kids cook books have in them. It's all from scratch cooking, and really healthy foods that kids tend to enjoy. There are things like pumpkin muffins, cheese sauce for veggies or pasta, homemade "jello", and some really basic step by step recipes for things like scrambled eggs, ants on a lot, and instructions for how to cook dry beans. This book really is best used as a companion to the Kids Cook Real Food curriculum that I linked to above. I've used the two in tandem, along with the online access to the video course to teach my kids how to cook, and I am SO glad that I did.

I love these recipes, my kids love these recipes. I have reluctant eaters, and by preparing their own meals they are eating more and are excited to do so. Plus, these are well-thought-out recipes that I know are healthy for my kids. It's truly a win-win for us all!

[Download to continue reading...](#)

Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Croatian Recipes: Croatian Food from a Real Croatian Grandma: Real Croatian Cuisine (Croatian Recipes, Croatian Food, Croatian Cookbook) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Recipes for Kids Cook Real Food The Kosher Food Cookbook: Kosher Food Recipes, Delicious Kosher Food You Can Cook at Home Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids

Will Love with Over 200 Deliciously Nutritious Lunchbox Ideas - Real Simple, Real Ingredients, Real Quick! Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) Polish Recipes: 50 of The Best Polish Recipes from a Real Polish Grandma: Authentic Polish Food All In a Comprehensive Polish Cookbook (Polish Cookbook, Polish Recipes, Pierogi Recipes) Paleo Recipes: Paleo Recipes for Beginners: 30 Amazing Recipes to Maximize Health (Caveman Diet, Maximize Health, Grain Free, Wheat Free, Dairy Free, Real Food, Detox Recipes, Antioxidants) The Smart Real Estate Investor: Real Estate Book Bundle 2 Manuscripts Expert Strategies on Real Estate Investing, Starting with Little or No Money, Proven Methods for Investing in Real Estate The Smart Real Estate Investor: Real Estate Book Bundle 3 Manuscripts Expert Strategies on Real Estate Investing, Finding and Generating Leads, Funding, Proven Methods for Investing in Real Estate Real Estate: 25 Best Strategies for Real Estate Investing, Home Buying and Flipping Houses (Real Estate, Real Estate Investing, home buying, flipping houses, ... income, investing, entrepreneurship) Real Estate: 30 Best Strategies to Prosper in Real Estate - Real Estate Investing, Financing & Cash Flow (Real Estate Investing, Flipping Houses, Brokers, Foreclosure)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)