



The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth

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Categories: [CHILDREN'S AND EDUCATIONAL](#), [CHILDREN'S & TEENAGE GENERAL NON-FICTION](#), [Cooking & food \(Children's / Teenage\)](#), [Practical interests \(Children's / Teenage\)](#)

Product Description

Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistibly charming cookbook presents 60 fun, appealing recipes kids will beg to make themselves, in uniquely creative photo collage illustrations they will love. Bursting with color, humor, cute animal characters, and cool facts (Did you know your brain actually shrinks when you're dehydrated? Drink water, quick!), Help Yourself inspires and empowers children to take charge of their own nutrition - for now and for life. Recipes include: fun-to-munch hand-held snacks like Life Boats, bright fruit-flavored drinks like Tickled Pink, the always-popular things on toast like Leprechaun Tracks, salads they will actually eat like Tiger Stripes, cozy small meals like Tomato Tornado and sweets like chocolatey Disappearing Dots, because everybody likes candy!