



How to Get Your Kids to Beg for Veggies: Quick & Easy Hidden Veggie Recipes the Whole Family Will Love

Leann Forst

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STRESS-FREE HEALTHY FOOD YOU CAN FEEL GOOD ABOUT SERVING The Standard American Diet is sadly becoming the source for an array of chronic childhood illnesses. As children's bodies develop they need a foundation of health that includes the nutrition that they get from eating vegetables. We all want our children to be healthy but many times, our busy lives leave us struggling to put healthy meals on the table in a reasonable amount of time. This book solves the problem of providing quick, healthy meals for picky eaters or anyone struggling with what to serve for dinner. Leann takes the burden off of moms that want to feed their family good nutrition without the hassle of added preparation. By using veggies in the form of baby food, organic vegetable powders and other tricks, Leann sneaks additional nutrients into family favorite recipes in a snap - making picky eaters a thing of the past and bringing harmony to the dinner table. Some of the recipes that you will get in this cookbook include: • Creamy Pumpkin Oatmeal • The Best Beet Gingerbread Muffins • Easy Veggie Pasta Casserole • Savory Turkey Veggie Meatballs • Secret Ingredient Mac & Cheese Cups • Super Sloppy Joes • Kid's Salsa Enchiladas • Pizza Pocket Sandwiches • Mom's Meatloaf • Better-Than-State-Fair Chili dogs • Family Favorite Lasagna • Goopy Double Cheesy Quesadillas • Secretly Stuffed Peppers • Whole Grain Beet Rice Krispy Treats • Chocolate Superfood Muffins • Sweet Potato Brownies • Paleo Brownie Pancakes • Banana Lime Cream Pie

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Gregory Jones:

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Aubrey Newsome:

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Walter Dion:

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