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Paleo Kid Snacks: 27 Super Easy Recipes That Kids Can't Get Enough Of: (Primal Gluten Free Kids Cookbook)

By Kate Evans Scott

Kids Love Press, United States, 2013. Paperback. Book Condition: New. 208 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****. Looking For Gluten Free, Grain Free Delicious Paleo Snacks That are Easy To Prepare and That Your Kids Will Love? An Allergy-free, Whole Foods Snack book Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. Kids love to snack, and there is a good reason for it, they need the energy to fuel their rapidly growing bodies. Their stomachs aren't large enough to accommodate the necessary amount of food to carry them from meal to meal, they need healthy snacks in between. This book will help you fill the gap between meals, while providing you and your children with tasty alternatives to the sugar and preservative-laden snacks stocking grocery shelves, and they can easily and quickly be made at home. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and great tips for including children in the cooking process. Every recipe has been designed with the busy family in mind, keeping snacking convenient and portable. Paleo Kid Snacks makes eating healthy simple with 27 kid...



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