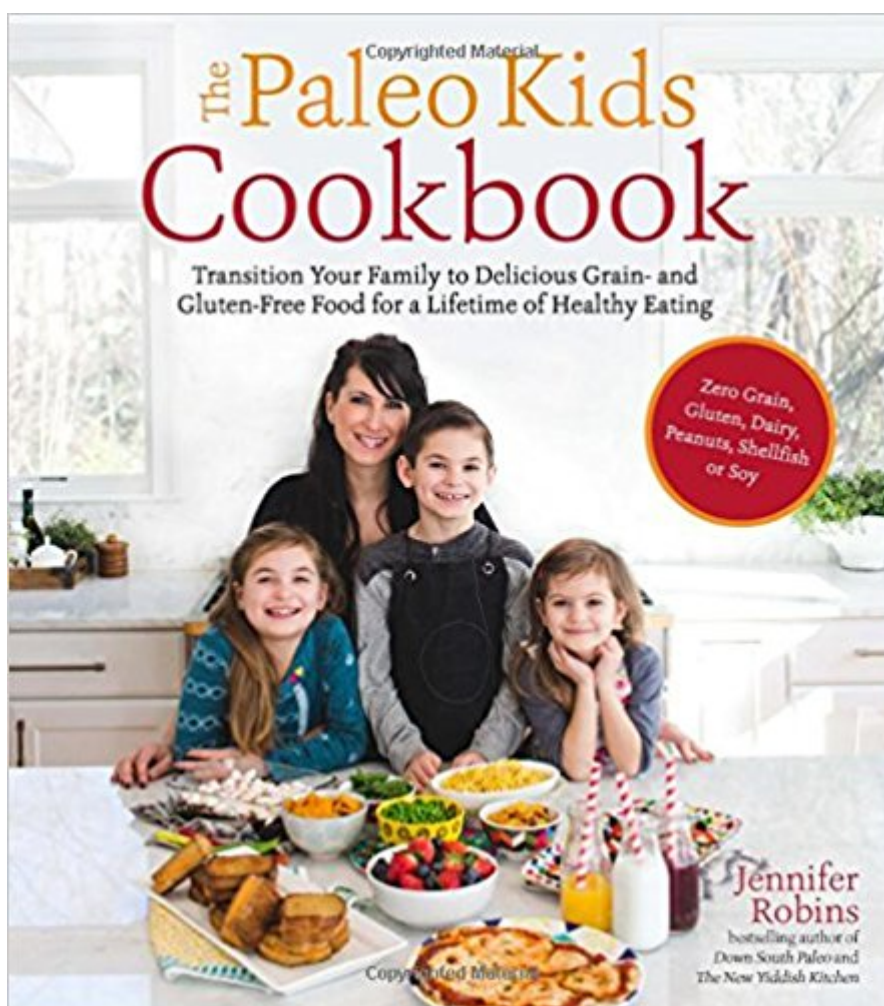


The book was found

The Paleo Kids Cookbook: Transition Your Family To Delicious Grain- And Gluten-free Food For A Lifetime Of Healthy Eating



Synopsis

100 Awesome Paleo Recipes to Help Your Kids Eat Well Today and Every Day Transform your family's diet for good with whole-food recipes that appeal to kids' tastes and your nutrition and health goals. Bestselling Paleo cookbook author Jennifer Robins committed to taking her three kids on this journey to a better diet and a better life, and they made it! She knows firsthand that while it may be challenging, the transition is unquestionably worth it. As she transitioned her family's diet, she learned tricks and techniques that will get you over the tough hurdles. Some of her strategies you'll learn about are making healthy ingredients kid friendly with creative and tasty recipes, getting the kids involved in the cooking adventure and being consistent. Invite your kids to join you in the kitchen and have fun making recipes they'll love that are grain-, dairy- and gluten-free, such as:-French Toast Sticks-Paleo Cereal-Chicken Nuggets-Pizza Pockets-Animal Crackers-Sweet Potato Bacon Tots-Soft Pretzels-Double Chocolate Layer Cake The Paleo Kids Cookbook is packed with everything you need to give your kids the best gift you can—a lifetime of healthy eating habits and great food.

Book Information

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Customer Reviews

“Having written several allergen-friendly cookbooks that use real foods for families, we are blown away by the imaginative and creative feats in this cookbook.” —Stacy Toth and Matthew McCarry, Paleo Parents, international bestselling authors “I want to be a kid in Jennifer's house. The Paleo Kids Cookbook is packed with mouth-watering recipes, helpful tips and creative ways to hook your children (both young and grown) on healthy eating!” —Russ Crandall, New York Times

bestselling author of Paleo Takeout and The Ancestral Table • The Paleo Kids Cookbook is a must-have for every family. There is nothing better than enjoying delicious healthy food, while turning cooking into a fun, family bonding experience. • Dr. Sarah Ballantyne, PhD, New York Times bestselling author of The Paleo Approach and The Healing Kitchen

Jennifer Robins is a bestselling cookbook author of Down South Paleo and the co-author of The New Yiddish Kitchen. She is the founder and author of the food blog Predominantly Paleo. Jennifer, her husband and three kids live in Arlington, Virginia, until the next Air Force adventure begins!

We've been cooking out of The Paleo Kids Cookbook for two weeks now- and we love it! This book has a special place in our hearts for two reasons: 1. it is so well written, photographed, and recipes fully tested to be INSANELY DELICIOUS and allergen-friendly, and 2. we wrote our first cookbook, Eat Like a Dinosaur, 5 years ago because we wanted a Paleo cookbook that our kids could relate to and select ANY recipe out of. We love involving the boys in the kitchen- setting them up for success as adults by teaching them how to plan a healthy meal and how to cook - and this book does JUST that! It uses newer ingredients, like cassava flour expertly to create nut-free, egg-free, dairy-free allergen friendly recipes that BLEW OUR MINDS! Jennifer's new book is FUN! And genius! Her recipes are full of flavors and textures that everyone in the family will love- especially the kids! Even if you don't have kids - these are great recipes for parties, picky spouses, or someone who just wants a soft pretzel sometimes. Yes, that's right. SOFT PRETZELS. One of our favorites were the TORTILLA CHIPS. Real-deal, will hold ALL THE TOPPINGS, crispy, salty, crunchy tortilla chips that we used for Nachos. GRAIN-FREE NACHOS. How can you say no to that?!

I only bought this to try out the paleo bread recipe and found a few more keepers that I'll be making again.

Love love love this cookbook! Every recipe has been great and the kids love them! All the ingredients are fairly easy to find and are reasonable cost as well..

I love this book and use it often. A few of the recipes I have had to tweak a little, as all paleo ingredients are not all the same.

Wow!!! I am SO happy with this cookbook! I was looking for a book that I could share with my 6-yr old who was recently diagnosed with Celiac Disease. I wanted her to be able to look at the pictures and pick out some new recipes and remake some old favorites. This book has all that and more, and the photos are beautiful! Tons of great ideas in here to help us on our gluten free journey and aid in the healing process!! I really think this book has everything we need, including basic breakfast, lunch, and dinner, Then there's sides, snacks, desserts, and even condiments, lunch box ideas and baby foods!! I highly recommend it!!

great cookbook

I absolutely love this book! FULL of amazing recipes for not just kids but adults too! I have made so many of the recipes already and they have all been kid approved! I search all over the internet for Paleo kid recipes and I always run into an ingredient that isn't kid friendly, so I was thrilled to have a Paleo Kids Cookbook that was actually full of kid friendly recipes!

We love every recipe we've tried so far and my kids keep adding more and more stickies on things that look delicious! Gorgeous pictures with clear directions. Fantastic cookbook.

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