



Eat Your Greens, Reds, Yellows, and Purples: Children's Cookbook

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Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids with *Eat Your Greens, Reds, Yellows, and Purples*.

With 25 delicious and simple vegetarian recipes, this healthy cookbook makes fruits and vegetables fun and delicious while teaching kids the benefits of eating healthy. Teach your kids how carrots help their vision while baking carrot and orange muffins or why peppers boost their immune system while making a red pepper hummus.

Written in a friendly, positive tone that focuses on why colorful fruit and vegetables are good, *Eat Your Greens, Reds, Yellows, and Purples* is perfect for parents looking for a way to get their children excited about fruit, vegetables, and cooking. The delicious meals and fun facts are enough to satisfy any hungry young appetite, so reach for your reds, pick up your purples, and don't forget to eat your greens!

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Marc Medina:

In this age globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you personally is Eat Your Greens, Reds, Yellows, and Purples: Children's Cookbook this guide consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some analysis when he makes this book. This is why this book appropriate all of you.

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