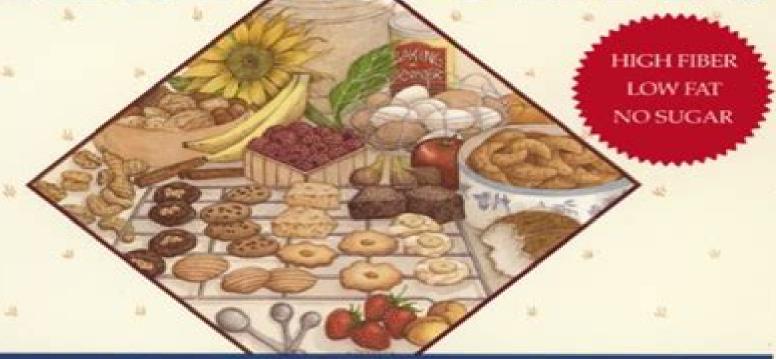
80 Recipes for Heavenly, Healthful Snacking

SMART GOOKIES



JANE KINDERLEHRER

Smart Cookies 80 Recipes For Heavenly Healthful Snacking

Julie Van Rosendaal

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energy focus and success at school one of the most influential factors is diet And a hugely important part of what kids and teenagers eat and drink every day happens between meals mid morning after school when they finish a sports game at the beach A smart snack will boost them with nutrients and slow release energy whereas a processed snack or soft drink can cause a spike in their blood sugar throwing out their mood and concentration Poor snack choices can also have longer term effects on their physical and mental wellbeing But family life is busy That's why passionate foodie Flip Shelton and renowned adolescent and child psychologist Michael Carr Gregg have teamed up to create this collection of simple speedy recipes to help you make the most of snacks every day without devoting hours to the process From two ingredient cashew balls and sweet potato chocolate brownies to egg jaffles and a whole rainbow of smoothies whip up these recipes for or with your kids and you ll be packing them full of good stuff they ll actually want to eat Show them how to snack smart and you can supercharge their happiness and health for life Mouthwatering Cookies Laura Smith, 2024-06-17 Indulge your senses and embark on a delightful journey through the pages of MOUTHWATERING COOKIES Taste the Delicious Difference Healthy and Easy Cookie Recipes with Over 80 Varieties This comprehensive cookbook is your gateway to a world of irresistible cookie creations carefully curated to satisfy every palate and occasion Discover over 80 mouthwatering recipes meticulously crafted to deliver exceptional taste while also prioritizing health and simplicity From timeless classics like chewy chocolate chip to innovative twists like matcha shortbread each recipe is designed to elevate your baking experience and delight your taste buds But Mouthwatering Cookies is more than just a collection of recipes it s a culinary adventure filled with expert tips techniques and inspiration to help you become a confident cookie connoisseur Whether you re a seasoned baker or a novice enthusiast this book offers something for everyone empowering you to create memorable moments and share homemade happiness with family and friends With its easy to follow recipes and stunning photography Mouthwatering Cookies is the ultimate companion for anyone passionate about baking So why wait Grab your mixing bowls preheat your oven and let the aroma of freshly baked cookies fill your home Order your copy today and embark on a journey of sweet discovery Snacking Emily Soto, 2023-02-28 Welcome to Snack Attack Healthy Recipes for Hungry Kids cookbook This book is filled with delicious and nutritious snack recipes that are perfect for kids who love to snack throughout the day We all know that kids love snacking but it can be a challenge to find healthy options that they will actually enjoy That's where this cookbook comes in We ve created a collection of easy to make snacks that are not only tasty but also packed with nutrients that will keep kids fueled and focused throughout the day From sweet treats like fruit skewers with yogurt dip and energy balls to savory options like hummus and veggie sticks and turkey roll ups there s something for every taste preference. The recipes are simple enough for kids to make on their own or with the help of an adult and each recipe includes colorful pictures that will inspire even the pickiest eaters But this cookbook is more than just a collection of snack recipes We ve also included tips and tricks for healthy snacking such as the importance of balanced meals and snacks portion control and how to make smart

choices when snacking on the go We believe that healthy snacking is not only important for kids health and well being but also for their overall happiness and success We hope that this cookbook will inspire kids to get creative in the kitchen and to develop healthy snacking habits that will last a lifetime So grab your apron gather your ingredients and let's get snacking

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