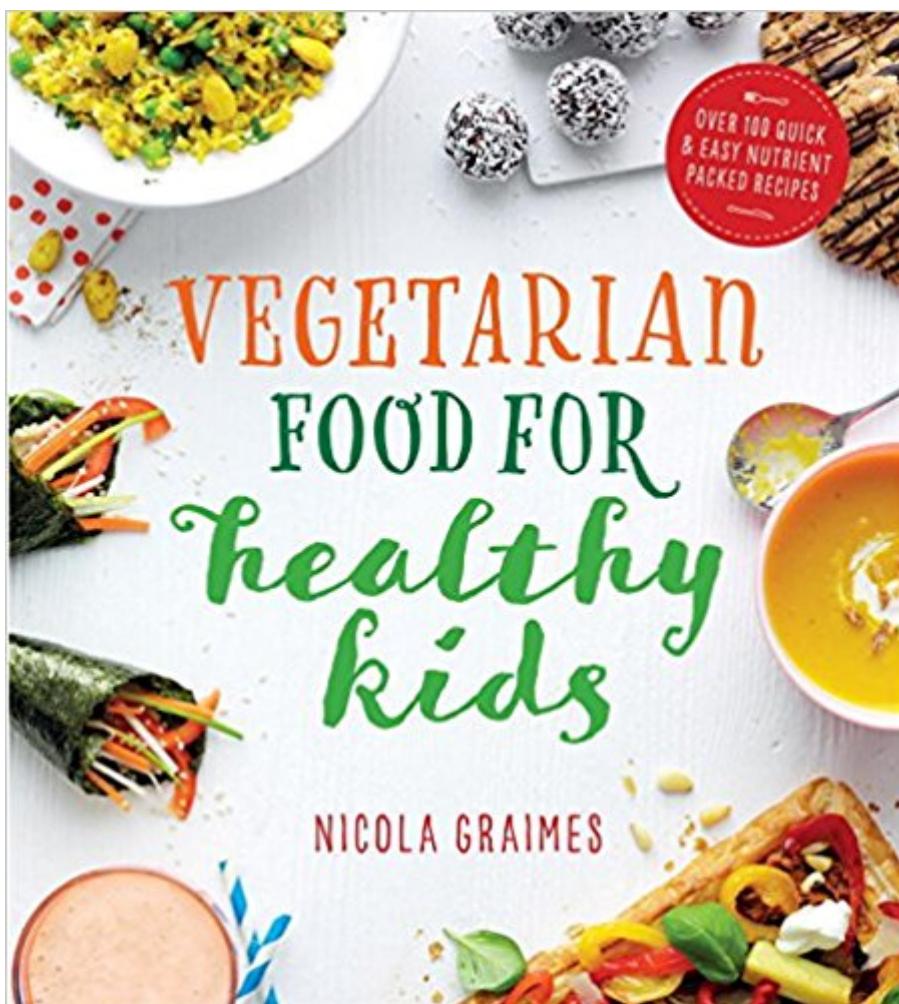


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Vegetarian Food For Healthy Kids: Over 100 Quick And Easy Nutrient Packed Recipes



Synopsis

To be a healthy vegetarian, it's not enough to just give up meat. Vegetarian children have different dietary requirements to vegetarian adults, so particular attention is needed to ensure they get sufficient amounts of the right nutrients. Unlike other similar titles on the market, *Vegetarian Food for Healthy Kids* concentrates on these nutritional demands to see what it takes to raise healthy, well-nourished vegetarian children. What's more, the book tackles the universal challenge of getting children - vegetarian or not - to enjoy and eat up their veg. Packed with simple, fresh recipes that are nutritious and use vegetables in interesting and inspiring ways, the book is set to lure even the most reticent of eaters. There are ideas for every type of meal including energy-boosting breakfasts; easy snacks; inspiring vegetable side dishes; and the bane of many parents' lives, packed lunches. Each recipe highlights a super-healthy 'Hero Food', giving information on its health benefits, and also included are step-by-step 'Kids Cook' features, with ideas for delicious dishes children can cook themselves, with just a little help from a parent. *Vegetarian Food for Healthy Kids* will make dinner times that much healthier and a lot more exciting.

Book Information

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Customer Reviews

Nicola Graimes is an award-winning cookery writer and former editor of *Vegetarian Living* magazine. She has written more than 20 books, including *The Top 100 Recipes for a Healthy Lunchbox*, *The Big Book of Wok*, *The Big Book of Low-Carb Recipes*,

Veggienomics, The New Vegetarian Kitchen (that was chosen as one of OFM's Top 50 Cookbooks of the Year) and The Part-Time Vegetarian for Nourish.

Vegetarian Food for Healthy Kids by Nicola Graimes Although we are not a vegetarian household currently, my goal is to incorporate more vegetarian and vegan meals into our diet. My son is also a very picky eater so finding vegetarian meals that he will try and actually eat is a challenge. So I was very happy to come across this cookbook that has vegetarian recipes with kids specifically in mind. This cookbook is laid out very nicely, starting with a lovely introduction, and an action plan for getting healthy. The introduction is very helpful as it helps to summarize what our kids need to be healthy and how these recipes will help achieve this. The action plan helps guide us in the right direction. There are bright, beautiful pictures throughout the book. The recipes themselves follow a great format with kids in mind, starting with 'Breakfasts and Brunches' and ending with 'Desserts & Treats'. In between, there are sections including lunches, snacks, weekdays and weekends. In each section, there are "Kids Cook" recipes featured, which are meant for kids to make on their own (or with help, as needed). I think that it is important for kids to be in the kitchen and so I really like this feature. One example of 'Kids Cook' is about sprouting seeds. There are directions to sprout alfalfa, which is a fun activity for kids and is a great way to get them started with growing their own fresh food. A couple of the recipes that I love include the 'Cherry & Beetroot Crush' which is a thick, smooth drink that is creamy and icy at the same time. With its vibrant red color (coming from the dark cherries and beets) it is appealing to the kids. A really great treat with all natural ingredients and a some fruit and veggies presented in a very kid friendly way. Another is 'Corn Cakes with Avocado Mayo'. These are crispy corn cakes (that can also be served on a bun) filled with fresh corn, rice and scallions (among other things) and topped with a delicious avocado mayo. Overall, I think that this is a great resource for not only kid friendly vegetarian recipes but also for providing great ideas on how to incorporate healthy habits into daily life. Note: I received this book free from publisher via NetGalley in exchange for an honest review

Nourish and NetGalley provided me with an electronic copy of Vegetarian Food for Healthy Kids, in exchange for an honest review. Separated into sections such as Breakfasts & Brunches, Weekdays, Lunches & Lunchboxes, Weekends, After-school Snacks, and Desserts, author Nicola Graimes has also innovative areas throughout the book with quick ideas and recipes for kids to prepare. With tips on how to plan ahead and create a good, nourishing environment for kids to grow and learn about nutrition, the author takes the time to explain how children can live well on a vegetarian diet. The

author points out the good attributes to the recipe, often highlighting an ingredient for its certain health benefits. My favorite part of the cookbook are the quick ideas, as these simple recipes are easy to follow and sure to please the most discriminating palates in your house. For example, Red Pepper Houmous made with canned cannellini beans and a few other ingredients can be made in the blender in minutes. The kids cook recipes, such as Smoothies, are easy to prepare with minimal use of sharp implements. One of my favorite recipes is Rockin' Rolls, consisting of puff pastry stuffed with onions, mushrooms, and lentils for a great alternative to the classic sandwich. Dinner meals like Sweet Potatoes with Curry Beans are easy to put together and will please children with the sweet and spicy aspects. Regardless of whether you are a practicing vegetarian or not, the recipes in this cookbook will help parents enforce good eating habits and will get kids to eat their vegetables.

Vegetarian Food for Healthy Kids
By: Nicola Graimes I received a free e-ARC of this book from NetGalley in exchange for my honest review. I'm a vegetarian but my daughter is not. She is, however, a swimmer and very concerned with eating healthy to support her body. This translates into eating foods that are natural and as unprocessed as possible. Often this means our two diets overlap in a way that makes me very happy. She is, however, still a kid and is not interested in eating foods that don't taste good. That is why I was so pleased to try out this vegetarian kids book.

Format: The book is organized in a very kid-centric way. There are categories such as "after-school snacks" and "lunches & lunch-boxes" as well as more standard categories like weeknight dinners, breakfasts, and weekend dinners (more time-consuming recipes). The pages are attractively arranged with lovely script and interesting side bars. My favorites are the "hero" foods which give information about some of the ingredients. Each recipe also has a color code for suitability for freezing, making ahead, and making in bulk which is helpful information for the head chef.

Introduction: I loved this part of the book. I've always said that the hardest part of being a vegetarian is not giving up meat but it is getting all the proper nutrition. This author gets that and really made an effort to provide information about the specific nutrition needs of kids as well as fuel-dense recipes.

Recipes: The recipes themselves are detailed but not over-complicated. I consider myself a middle of the road cook (competent but not trained) and these recipes seemed accessible to me and my skill level. I also think that kids could easily participate. Also, most of the ingredients were items that vegetarians will have in their pantry/ refrigerator. There were yummy looked photos as well. What I appreciated most about this author was all the nutrition she tucks into each recipe. Also, I appreciated the flexibility in each item. It opens the doorway to creative thinking on the part of the chef. There is an extra section at the end of each chapter which delivers things

like quick snacks, or easy sauces. I loved this because again, it leads to greater flexibility.Taste:Let me just tell you some of the food I tried since clicking open this book. The "Big Veg Chilli" was delicious without abusing the salt shaker and extremely satisfying. The corn cakes were so yum too. I ate them with the minty yogurt sauce from another recipe and it felt decadent. The textures were a crunchy savory with the creamy yogurt - perfect bite. Sweet Potatoes with Curry Beans was just jammed with flavor and nutrition. Again, all of these were sustaining sort of foods/ meals. My daughter and I made up a double batch of the apple crumble porridge and it was super creamy and just plain delicious (without added sugar). The author suggested turning leftovers of this into bars and we have tried this.Overall:A lovely and flavorful resource for vegetarians and anyone else who just likes eating healthy!

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