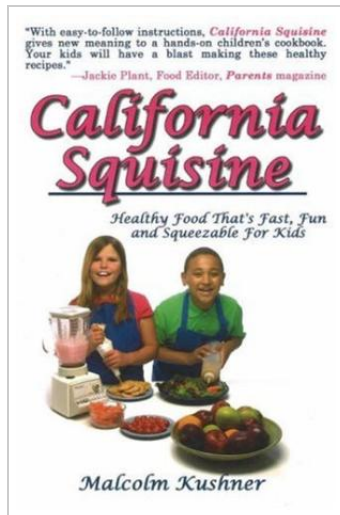



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California Squisine: Healthy Food Thats Fast and Fun for Kids

By Malcolm Kushner

Robert Reed Publishers. Paperback. Book Condition: New. Paperback. 112 pages. The primary purpose of this cookbook, even though entertaining, is to offer kids a unique tool in Americas battle with poor eating habits fun. It encourages children to eat well by consuming squeezable recipes. Its really simple. Kids have fun squeezing tasty, nutritious sauces, dips and dressings over fruits and vegetables. Then they eat their creations. No cooking is required!Children can prepare the recipes themselves or with an adult. Many kids today think a balanced diet means a cookie in each hand, says Malcolm Kushner, author. I want them to have a fruit or vegetable in each hand. While squisine is not aimed specifically at weight-loss, it will encourage children to eat healthier foods, which will naturally produce weight-loss. Squeezing a tasty sauce or dressing over fruits and vegetables makes it more likely kids will eat them. Each of the 100 squeezable recipes is nutritious, pediatrician-approved, kid-tested, quick and easy to make, and fun to eat. In an age when obesity is epidemic, here is a simple formula for fun and healthy eating: Squisine squeeze cuisine. Even Einstein would agree!CALIFORNIA SQUISINE offers a unique tool in Americas battle with poor...



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