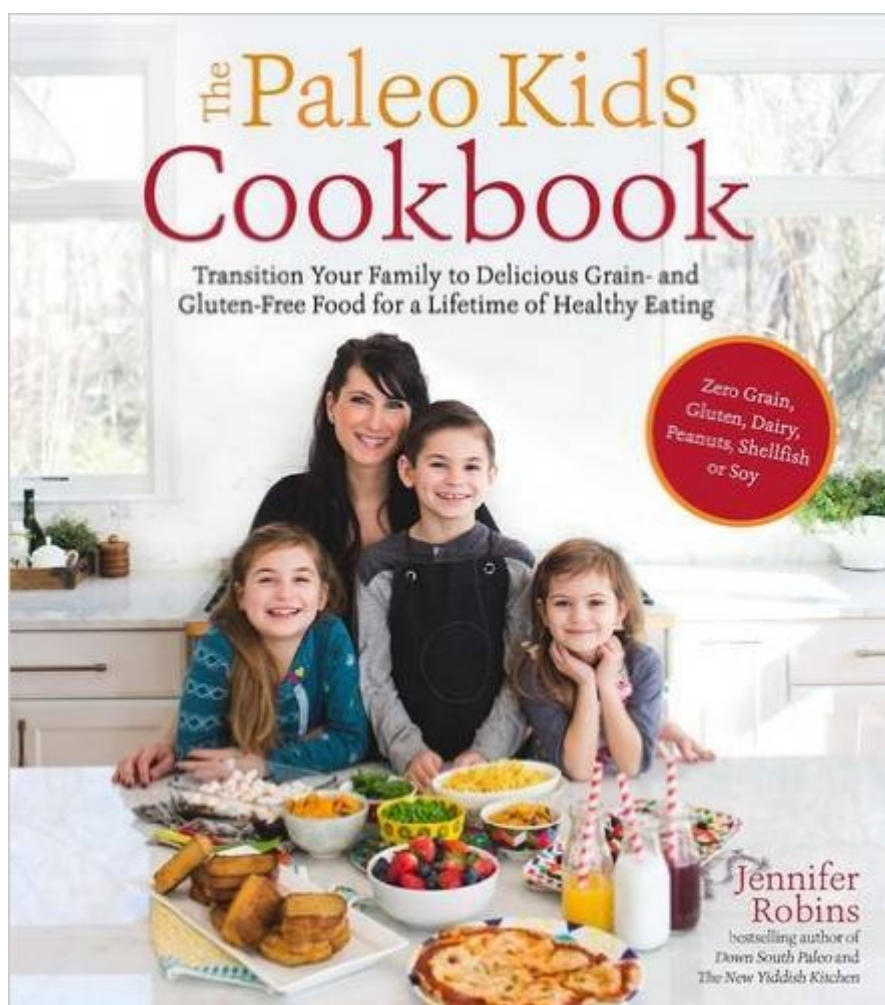


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# The Paleo Kids Cookbook: Transition Your Family To Delicious Grain- And Gluten-free Food For A Lifetime Of Healthy Eating



## 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

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?!

Just received this book.....my kids are all grown...this cookbook is mine! Thumbing through, I'm in heaven! So many things that my health will not let me eat so seeing so many recipes that I can actually make has me giddy! She managed to make some recipes that brought me back to younger days...can't wait to eat some Crispy Sweet Potato Fish Sticks (a meal my dad used to buy every Friday from a little shop around the corner when I was a small child) and my favorite dessert...Strawberry Shortcake Bites! An Allergy-Friendly Waffles recipe, another dream come true....chicken nuggets, something I used to make for dinner when my kids were little...veggies, done in ways I hadn't thought of...all kinds of drinks, treats, condiments, breads, healing foods, Oh the variety! Can't wait to get cookingedit\*\* I made the Mini Muffins and they are soooo good! Can't wait to try more of the recipes!

Besides being kid and allergy friendly, this cookbook is palate friendly. Living in a mixed diet household, these recipes appeal to everybody. They not only look tasty, but are also easy to make - I have made the Brownies and Mini Muffins and they were as simple as mixing several ingredients together and baking them for 10-15 minutes! Jennifer includes tips throughout for how kids can help with each recipe (so good to get them involved no matter what age!) If you are someone who needs to eat allergy friendly or want to pick up a great resource to make recipes for others that do, this would be a great one to get. All the recipes are grain, gluten, dairy, peanut, shellfish and soy free. Can't wait to keep cooking through this book!

This is a ground-breaking and very important addition to the Paleo cookbook collection. There are so many cookbooks out there with adult taste buds in mind "but what about those of us who need to feed our children with allergies, health/behavioral issues related to food, or just want to feed

them more whole foods? And for them to not feel deprived? It can be quite a daunting task when they are surrounded by colorful treats and gluten everywhere. Of course they want to eat that stuff. I became emotional looking through this book with my children (3 and 5) – they were so excited. Just yesterday my 5-year-old daughter looked through the book and begged to make the –Pigs in a Blanket.– We had SO much fun making them and guess what – me, who has a gazillion food allergies/autoimmune issues – could enjoy them too! When we had to rid all the house of gluten due to Celiac Disease, I was afraid I wouldn’t be able to make many happy cooking memories with my children. But Jennifer to the rescue – these are accessible recipes that anyone can make and enjoy, despite dietary restrictions. Jennifer is THE woman – some recipes use cassava flour (one of my new favorite ingredients, but many cookbooks have not caught on yet), so cleverly finds paleo ingredients for childhood favorites, accommodates just about any allergy, and is practically an integrative medicine doctor. She even mentions in one recipe to be careful of adding Echinacea if you have autoimmune issues (check out her website for a wealth of other information). This is my dream cookbook for my family, and hopefully by eating this way and them not feeling deprived, my children will enjoy eating this way and form healthy eating habits for the future. Thank you from the bottom of my heart – please keep the cookbooks coming!

Finally! An allergy-friendly kid’s cookbook that teaches littles about whole foods nutrition and empowers them to not only make nourishing food choices but to participate in their making! Jennifer’s newest cookbook features full-page beautiful photos, tips for how to get the kids safely involved in meal prep, and her classic witty recipe introductions (love those!). If you’re trying to get your grain and dairy lovin’ kiddos off their junk food kick, TPKC is the perfect choice. It contains tons of transition recipes like pizza pockets, waffles, s’mores, and pigs in a blanket, as well as recipes that incorporate veggies and fruits in simple ways like the sweet potato and bacon tots, meat pockets, and smoothies. I got my 7-year-old niece a copy of this book and she sat down to tag the recipes she wanted to make... well she ended up tagging every recipe in the whole book!

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