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Veggie Mama: A Fun, Wholesome Guide To Feeding Your Kids Tasty Plant-Based Meals



Synopsis

Veggie Mama is a manual for elevating your family's diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipes—including many raw options, using whole grains, legumes, nuts, fruits, and vegetables, along with superfoods such as hemp seeds and quinoa—for growing kids of all ages. Veggie Mamas Doreen Virtue and chef Jenny Ross discuss food allergies and present a CSG-free program—meaning free of corn, soy (with the exception of fermented miso paste), and gluten . . . inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, you'll have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100-percent plant-ingredient recipes you will be pleasing your children's palates and doing their bodies good . . . setting them up for a lifetime of wellness!

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