

The book was found

Petit Appetit: Eat, Drink, And Be Merry: Easy, Organic Snacks, Beverages, And Party Foods For Kids Of All Ages



Synopsis

Delicious organic recipes from an award-winning organic-foods cookbook author and nutrition expert. As kids get older, parents get busier, and they all need simple, creative, healthy ideas and recipes for school lunches, snacks, drinks and the seemingly endless round of parties, playdates, and special occasions. This all-new collection of recipes from Petit Appetit is just what they need. These nutritious, organic, and easy-to-prepare snacks, drinks, and celebration foods are the perfect alternative to processed store-bought items laden with high fructose corn syrup, trans fats, additives, and preservatives. Chef and mother Lisa Barnes' simple, delicious recipes enable parents to think outside the bag (of processed chips, crackers, and cookies) and learn how to create new family favorites with healthy, organic ingredients. *Petit Appetit: Eat, Drink, and Be Merry* features: Expert advice, tips, and stories Nutritional, dietary, and allergy information throughout Best methods for packing and storage More than 150 recipes

Book Information

Paperback: 288 pages

Publisher: TarcherPerigee; Original edition (March 3, 2009)

Language: English

ISBN-10: 039953489X

ISBN-13: 978-0399534898

Product Dimensions: 7.5 x 0.8 x 9.1 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #830,877 in Books (See Top 100 in Books) #159 in Â Books > Cookbooks, Food & Wine > Entertaining & Holidays > Party Planning #312 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Organic #8729 in Â Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

What a wealth of information! I highly recommend this book to any parent who wants ideas of healthy (but also delicious) foods to prepare for their family...or for reinforcement of what you may be doing "right". Snap it up at 's bargain price!!! purchased this book, after searching for books on children's nutrition and kid-pleasing healthy cookbooks this fall. It sounded like Lisa's first book was well received so I preordered this one. When it arrived this week I wanted to read it cover to cover! It has so much information, but is also presented in an attainable, simple way. Lisa is a mom and she clearly "gets it". The book is realistic, not preachy. It covers the seasonal/local/organic issues...gives

good ideas for involving your children in the planning/cooking process...and is chock full of interesting recipes. So far, I have prepared her Mango Chicken Quesadillas (per Lisa's recipe for my kids, then added some spicy mango chutney and made a side of chili spiked sour cream to the second batch for my book club coming over later that night). They were great on both fronts. Tonight I whipped up "Ellery's Minestrone Soup" in an effort to give my kids a warm, veggie filled entrée. It is colorful, our kitchen smells wonderful, and my two mini taste testers approved. Another hit from her book. It took just a half hour to prepare. I substituted Trader Joe's Alphabet pasta for the macaroni, and added some "excitement" to the meal (if you're six years old!). Nutrition information is provided on the side bar of each recipe, as are pictorial keys ("perfect for packing"... "gluten free"... "vegetarian", etc.) The only thing that I feel is maybe missing from Lisa's book is an index of the recipes by each recipe by these categorizations.

You want to eat right. You want your family to eat right. And maybe you'd like to eat with more organic ingredients too. But you also have a picky eater and you're just trying to get by with anything your child will eat! And all of those things can seem so overwhelming that you just fall back on to your old standbys. And imagine trying to do all that and celebrate a special occasion too! Enter this book! The author focuses on the special celebrations in a child's life AND keeping them healthy and delicious. The first several chapters provide a basic introduction to learning more about what's in our foods with Do You Know What They're Eating? or Choosing Organic: Why, When and How. Also included are chapters on Instilling Good Eating Habits at Home and Away and Having Fun with Food and Family. The author provides practical tips for making these goals a reality in a realistic way that makes it really do-able. The recipe section is divided into three main categories--Eat, Drink & Be Merry, you can find recipes for Chicken-Mango Quesadillas, Baked "Zuke" Sticks or Cheese and Egg Roll as things to "Eat". Or Mango-Carrot Smoothie, Almond Milk or Pear White Tea are sure to quench anyone's thirst in the "Drink" section! "Be Merry" offers not only recipes but party ideas for birthdays like Baby Bundt Cakes, Pizza Parties with Pesto Pizza Dough, and Holidays like an early New Year's Eve or St. Patrick's Day with Spinach Hummus or even "any day" celebrations like a Picnic in the Park or First Day of Snow Chocolatey Cookies. But what makes this book especially good is that the recipes are really do-able! You don't have to spend a lot of time in the kitchen to provide healthy and tasty treats for those special celebrations (or just whenever!)

[Download to continue reading...](#)

Petit Appetit: Eat, Drink, and Be Merry: Easy, Organic Snacks, Beverages, and Party Foods for Kids of All Ages
Diabetes Snacks, Treats and Easy Eats for Kids: 130 Recipes for the Foods Kids Really

Like to Eat Appetizers Cookbook - Appetizers and Finger Foods You Can Enjoy Everyday: Easy to Make Snacks and Appetizers - Party Appetizers to Share with Friends The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) The Cocktail Party: Eat Drink Play Recover Party-Perfect Bites: Delicious recipes for canapés, finger food and party snacks Merry Matchmakers: 10 Christmas Novellas (A Merry Matchmaker Novella) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Canada Dry Alcohol-Free Party Drinks: Recipes & Serving Ideas for More Than 300 Delicious Beverages The Secret of the Ballet Book: (Kids Fantasy Books, Ballerina Fiction) (Kids Mystery, Girls Books Ages 9-12, Ballet Stories, Dance Books, Kids Books, Kids Fantasy Books Ages 9-12) Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books for Kids: Chompy the Shark (Bedtime Stories For Kids Ages 4-8): Short Stories for Kids, Kids Books, Bedtime Stories For Kids, Children Books, Early ... (Fun Time Series for Early Readers Book 2) The Ultimate Party Drink Book: Over 750 Recipes for Cocktails, Smoothies, Blender Drinks, Non-Alcoholic Drinks, and More You Wouldn't Want to Be at the Boston Tea Party!: Wharf Water Tea You'd Rather Not Drink SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Easy French Storybook: Little Red Riding Hood (Book + Audio CD): Le Petit Chaperon Rouge (McGraw-Hill's Easy French Storybook) EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating What to Drink with What You Eat: The Definitive Guide to Pairing Food with Wine, Beer, Spirits, Coffee, Tea - Even Water - Based on Expert Advice from America's Best Sommeliers

[Dmca](#)