



Petit Appetit: Eat, Drink, and Be Merry: Easy, Organic Snacks, Beverages, and Party Foods for Kids of All Ages

Lisa Barnes

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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

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