



Smoothies for Kids

Eliq Maranik

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Introducing your kids to fruits and vegetables can be a chore at the best of times. This book makes sure that your kids learn the nutritional benefits of fruit and vegetables, while having lots of fun at the same time.

Hand in hand with thirty boys and girls aged between six and thirteen, smoothie expert Eliq Maranik has developed thirty-nine simple, healthy, and wholesome smoothie recipes that every child will love. The ingredients range from fruits, vegetables, nuts and seeds to superfoods and dairy products. Concise and exciting facts about the ingredients and little experiments turn each straightforward recipe, with easy to follow steps, into an experience for the entire family, while practical tips will help your children to create their very own smoothies.

A child-oriented fruit-ABC with pictures of each ingredient, followed by a glossary of terms, round off this beautiful publication.

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From reader reviews:

Christi Potter:

This Smoothies for Kids book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book will be information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This Smoothies for Kids without we understand teach the one who reading it become critical in thinking and analyzing. Don't possibly be worry Smoothies for Kids can bring if you are and not make your tote space or bookshelves' turn into full because you can have it inside your lovely laptop even telephone. This Smoothies for Kids having good arrangement in word in addition to layout, so you will not feel uninterested in reading.

Dixie Love:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled Smoothies for Kids can be excellent book to read. May be it might be best activity to you.

John Tovar:

Why? Because this Smoothies for Kids is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking means. So , still want to hold off having that book? If I were being you I will go to the e-book store hurriedly.

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