



The Ultimate Guide to Being a Superhero: A Kid's Manual for Saving the World, Looking Good in Spandex, and Getting Home in Time for Dinner

Barbara Beery, David Miles, Brooke Jorden

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- *When choosing a sidekick, be sure to coordinate colors.*
- *To get a supervillain monologuing, simply mention that he or she "won't get away with it."*
- *NEVER wear a cape (except to formal events).*

With these and other clever insights, *The Ultimate Guide to Being a Superhero* is more than just a cookbook! This hardcover, spiral-bound manual is packed with recipes, crafts, tips, quizzes, maneuvers, and gadgets for every aspiring superhero. National kids cooking expert Barbara Beery, author of the bestselling *The Pink Princess Cookbook*, brings her signature flair in this action-packed, fully illustrated manual, sure to delight every superchild and every parent looking for great ideas. Recipes and crafts include:

- Kryptonite Cupcakes
- Dinner in Disguise
- Dynamite Candy Bites
- DIY Utility Belts
- Super Suit Stitches
- and much more!

Plus must-have tips for every aspiring hero, including:

- How to interview a potential sidekick (How do you feel about being used as bait?)
- Where not to house your secret hideout
- Common wardrobe malfunctions to avoid
- Catchy comeback phrases, and more!



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