



Kid Favorites Made Healthy: 150 Delicious Recipes Kids Can't Resist (Better Homes and Gardens Cooking)

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Kid-friendly, healthy recipes that taste great and are fun to make.

Practical tips and advice from a panel of experts help parents talk to their kids about healthful living and plan nutritious.

Quick recipes for main dishes, sides, snacks, salads, and desserts use off-the-shelf ingredients.

Complete nutrition information including carbohydrate guidelines and techniques for managing diabetes.

Features recipes for favorite entrées, snacks, and goodies—all with the peace of mind in knowing nutritious meals are the delicious result.

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