

Eat Your Greens Reds Yellows And Purples Childrens Cookbook

5850 Best Eat Your Greens, Reds, Yellows, Oranges and ...

Eat Your Greens Reds Yellows

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Written in a friendly, positive tone that focuses on why colorful fruit and vegetables are good, Eat Your Greens, Reds, Yellows, and Purples is perfect for parents looking for a way to get their children excited about fruit, vegetables, and cooking. The delicious meals and fun facts are enough to satisfy any hungry young appetite, so reach for your reds, pick up your purples, and don't forget to eat your greens!

Eat Your Greens, Reds, Yellows, and Purples: Children's ...

Gather your ingredients and get busy in the kitchen creating tasty, healthy meals with your kids with Eat Your Greens, Reds, Yellows, and Purples. With 25 delicious and simple vegetarian recipes, this healthy cookbook makes fruits and vegetables fun and delicious while teaching kids the benefits of eating healthy.

Eat Your Greens, Reds, Yellows, and Purples by James Mitchem

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Your Greens Reds Yellows Purples - Eat Your Greens, Reds ...

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Fill half your plate at each meal with a variety of vegetables and salad – make it pretty and colourful. Choose dark green and purple salad leaves, as opposed to iceberg lettuce.

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So jazz up your plate. Don't eat a meal that doesn't have at least 3 colors represented – think about all the beautiful variety we've been given. We have purple foods! PURPLE, Blue, red, green, yellow, orange, white, brown, even black! Holy moly that's exciting. Think of the wonderful ways you can express yourself with all that color!

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Introduction/Equipment --Eat your greens --Eat a rainbow --Preparing your ingredients --Meet the greens --Greens are good --Spinach and phyllo tarts --Black bean and guacamole quesadilla --Leafy green salad --Zucchini frittata --Green bean stir-fry --Green smoothie --Meet the reds --Reach for the reds --Red pepper hummus --Tomato soup --Tomato and onion tarts --Veggie lasagna --Very berry plum pie --Meet the purples --Pick up the purples --Fruity raisin granola --Rainbow salad --Eggplant and ...

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