



# Lil Chefs: A Cookbook For Kids (Kids Cookbook Series) (Volume 1)

*Cooking With A Foodie*

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# Lil Chefs: A Cookbook For Kids (Kids Cookbook Series) (Volume 1)

*Cooking With A Foodie*

**Lil Chefs: A Cookbook For Kids (Kids Cookbook Series) (Volume 1)** Cooking With A Foodie  
Give Your Kids A Healthy Snack And They Will Eat Well for Five Minutes. Teach Them To Make Healthy Meals, And They Will Eat Well For A Lifetime!

How do you get your kids to eat broccoli?

By turning cooking into a fun activity that they enjoy, of course! Cooking activities for kids are easy and super fun when you turn them into a simple game.

There is no greater pleasure than seeing your kids cooking. Feel safe knowing that they will be able to take care of themselves when they come home from school or when you are too busy.

This fun junior cookbook is perfect for training kids ages 6 to 12 in the art of preparing food. As a parent, your number one focus is healthy cooking for kids.

This book is a perfect guide to any kids cooking set or training utensils. If you don't have any kids cooking supplies, then don't worry! There are tons of fun recipes that you can prepare with simple things from your home and kitchen.

**In this Healthy Kids Cookbook, you will help your kids learn the science of good cooking through fun recipes:**

1. Kitchen Rules & Safety:

-- Personal Hygiene

-- Kitchen Hygiene

2. The importance of eating a nutritious + balanced diet

-- How to make healthy choices

-- What foods to eat often

3. How to read recipes like a pro! (This will make easy cooking for kids)

4. Cooking Techniques -- Beginner to Advanced Levels

Beginner Level (cooking utensils for kids)

-- Using forks and knives

-- Cutting vegetables

Intermediate Level

-- Using common kitchen appliances: (microwave, toaster, toaster oven, etc.)

Advanced Level (This is the advanced cooking club for kids :)

-- Using a stove and skillet

-- Boiling a pot of water

**We Even Included The Most Popular Recipes Parents Search For In Children's Cookbooks:**

Super easy turkey wrap

Chicken panini sandwich

Healthy oven baked potato chips

Bite-sized pita pizzas

Creamy broccoli and cheese

Loaded baked potato  
Mashed sweet potatoes  
Homemade mac and cheese  
Fresh kale, carrot and feta salad  
Tangy edamame hummus  
Savory corn bread

Introduce your little ones to the kitchen with this kids healthy cookbook. There are 100 wonderful recipes that are guaranteed to make even the pickiest of eaters thank you!

If You Want To Experience The Pleasure of Cooking With Kids, Start With This Book.

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#### **Janice Evans:**

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#### **Gigi Brown:**

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