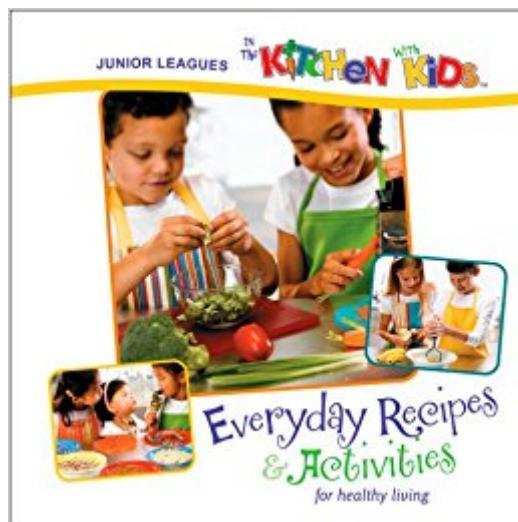




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# Junior Leagues In The Kitchen With Kids: Everyday Recipes & Activities For Healthy Living



## Synopsis

To further the initiative of the Junior Leagues' KIDS IN THE KITCHEN program, the AJLI has partnered with Favorite Recipes Press to create this activity-filled cookbook. Simple recipe instructions accompanied by hand-shots for demonstrating cooking techniques and lists of necessary cooking utensils, make this a kid-friendly and mother-approved cookbook. Healthy eating tips throughout the book reinforce the program's healthy eating and lifestyle messages. Plenty of activity suggestions for parents and children to create and enjoy together. George Stella, author of 3 cookbooks, is the official spokesperson for the Junior Leagues' KIDS IN THE KITCHEN program and cookbook.

## Book Information

Series: Junior Leagues in the Kitchen with Kids

Hardcover: 144 pages

Publisher: The Cookbook Marketplace; First edition (March 20, 2009)

Language: English

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Product Dimensions: 9.2 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 7 customer reviews

Best Sellers Rank: #759,444 in Books (See Top 100 in Books) #216 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #478 in Books > Children's Books > Children's Cookbooks #928 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 8 - 11 years

Grade Level: 4 - 6

## Customer Reviews

Favorite Recipes Press, an imprint of FRP Books, Inc., has a forty year history connecting Junior Leagues with home cooks by partnering with them to produce cookbooks that showcase their regional cuisines and traditions, tell the stories of their charitable causes and raise money so that their good work can be carried on, even expanded. The results is well over 3 million Junior League cookbooks in circulation and a reputation for tried and true recipes collected by home cooks across the country. Founded in 1961, Favorite Recipes Press is one of the nation's best-known and most

respected producers of cookbooks, having produced over 1000 titles working with nonprofit organizations, chefs, resorts, spas, retailers, restaurants and more. Award winning titles include Julia Child Awards, Tabasco Community Cookbook Awards, James Beard Foundation Awards, Writer's Digest Awards, and others.

When I first got my copy of this book, I was thrilled with all the interior shots of the kids doing the "how to" of putting the recipes together. The step-by-step instructions are clear and concise and the presentation of the finished recipe gives extra ideas as well. One of my favorites is the "Cupcake Cones" which my eldest daughter has had in the past, and said they were very yummy, but that the cones were a bit squishy. Apparently, her friend didn't know the secret to this recipe is to place the cones in foil wrap while baking in the muffin tins....which this book shows you to do! All the tips along the way will help the youngest cook feel like a pro. I'm very impressed with the ingredients used here - healthy alternatives that challenge even me (the mom) to eat better as an example to my kids. This one is going to be a favorite around my house for years to come and it'll be on my Christmas Giving List to all the young chefs in my family this year! Can't wait to try the Roaster Red Pepper Hummus and the Orangy Oatmeal Cookies. I've made the Mini Pizzas many times over, as the combinations on this classic are endless...but I must say, I've never thought to put a smile on my Mini Pizza, as shown in the food-shot, which is part of what makes this book just so dang cute! Tons of food ideas and projects for hours of family-fun and healthy too, so you just can't lose with this one. Check out these "kid chefs"! [...]

Research shows that the more kids are involved with the preparation and cooking of the food they eat, the more likely they are to eat it. This cookbook is hands-on, easy to use, and has fun, delicious recipes that kids can prepare with their parents. It's a great way to promote healthy cooking and eating for the whole family!

After reading the enthusiastic reviews for this book I bought it for my grandson in London, expecting it to contain simple and healthful recipes for children to attempt. I was hoping to encourage in him a love for good food, and a desire to try to cook it himself. My first disappointment was with the ingredients used. Many of the recipes call for prepackaged convenience foods to be "transformed", i.e. cookies made from cake mixes. Is it really that much more difficult to make simple cookies from scratch? One recipe even called for artificial sweetener instead of sugar or honey. If this is healthy food, I'm a banana. Then several of the recipes instruct children to mix food by hand using rubber

gloves! Couldn't they be advised to wash their hands first? It is part of the joy of cooking to feel the mixture you are preparing. Cooking is not a surgical procedure. If you are looking for a children's cookbook with simple and delicious recipes which use unadulterated ingredients, and instill a love for good food, this is not it.

My 3 1/2 year-old daughter and I have had so much fun with this cookbook! She loves looking through the pictures, picking out recipes to try, and seeing kids making the food. This cookbook does a great job of merging a health conscious approach to children's food while keeping the food appealing and fun. Everything we have tried has been delicious with easy to follow recipes. I can't wait to try the meatloaf cupcakes with mashed potato and carrot icing - what a fun idea! A great gift for a young cook!

I recently read a media article on the issue of "childhood obesity" in the US and what a huge problem it is. I can think of no better cause (there are certainly many worthwhile causes to be tackled) than the grass roots campaign by Junior Leagues to combat childhood obesity. This book is a terrific tool which should be in EVERY kitchen in the US. Congratulations Junior Leagues on creating this wonderful product and educational tool. The recipes are great, simple and the how-to instructions make this a winner.

Love, love, love this book! The step-by-step instructions and full-color illustrations make these recipes fun & easy for the young cook to follow. The recipes aren't your usual english muffin pizzas, either. They're unique and interesting, yet easy!

This cookbook contains some healthy and fun recipes that both adults and children will enjoy making.

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