



Good Food: Recipes for Kids: Triple-tested Recipes (GoodFood 101)

Angela Nilsen, Jeni Wright

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Preparing fresh and healthy dishes and *then* getting your child to eat them can seem far from an easy task for busy parents. With this inspirational collection of recipes taken from Britain's top-selling *BBC Good Food Magazine*, the Good Food team prove you don't have to devote hours to a hot stove to give your children home-cooked meals, and fast food doesn't have to mean deep-fried or mass produced.

Full of quick, easy and nutritional recipes using practical ingredients, a nutritional breakdown so you know exactly what you're giving your child and full-colour photos of each dish, this compact cookbook is a must for parents.

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