



# **Be Good to Your Body--Healthy Eating and Fun Recipes (Dover Children's Activity Books)**

*Roz Fulcher*

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Whip up 6-Minute Healthy Potato Chips, 15 Bean Soup, Fizzy Fruit Slushies, and other healthy vittles with this coloring book/cookbook combo. More than 50 nutritious recipes encourage kids to take an interest in following a balanced diet and to delight in preparing and savoring fresh foods.

The simple dishes and snacks require only a few ingredients and minimal effort. Recipes include such mealtime staples as Fun Fruit Pizza, Cheesy Spaghetti Squash, Turkey Joes, and Macaroni Bake, as well as Grape Pops, No-Bake Cookies, Sunflower Seeds, and other healthful goodies. The fun-to-color pages feature a feast of interesting facts, from where carrots originated (Afghanistan) to the first cultivated fruit (grapes). Kids, parents, and other adults will relish following the recipes and enjoying the tasty results.

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