

[PDF] Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes

Dreena Burton - pdf download free book



Books Details:

Title: Plant-Powered Families: Over

Author: Dreena Burton

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Description:

Get your whole family excited about eating healthy!

Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipetested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including:

Pumpkin Pie Smoothie
Vanilla Bean Chocolate Chip Cookies
Cinnamon French Toast
No-Bake Granola Bars
Creamy Fettuccine
Sneaky Chickpea Burgers
Apple Pie Chia Pudding
Plus salad dressings, sauces, and sprinkles that will dress up any dish!

With tips for handling challenges that come with every age and stage from toddler to teen years *Plant-Powered Families* is a perfect reference for parents raising weegans” or families looking to transition to a vegan diet.

Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

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