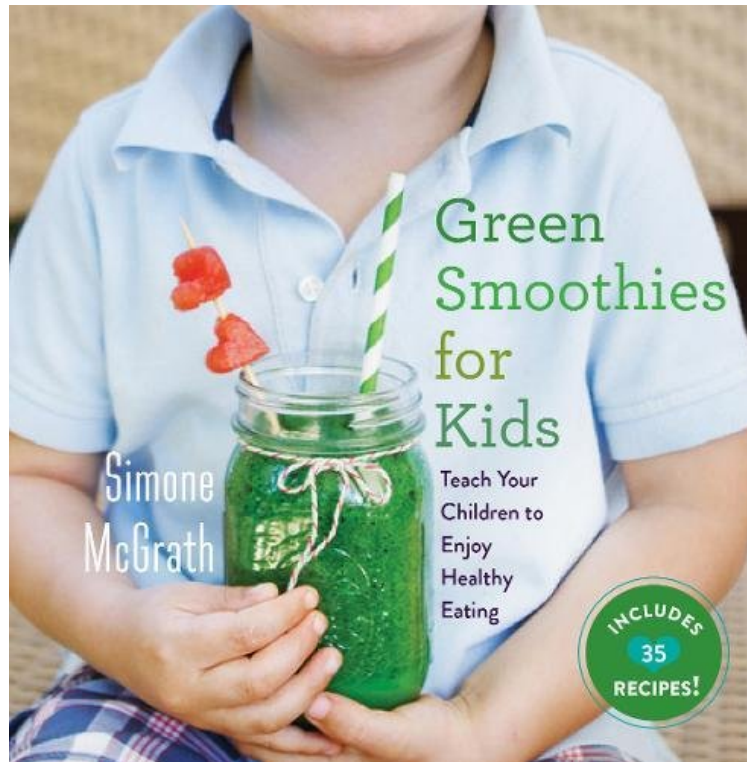


# Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating

Simone McGrath

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**Simone McGrath : Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating** before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating:

0 of 0 people found the following review helpful. Great smoothie cookbook for adults tooBy M. AndersenGreat little book. I got this for my grandsons and we had great time picking recipes to try. It is a shame that the title targets kids as the recipes are great for adults, too. I got one for me, too.0 of 0 people found the following review helpful. Some really great information included throughoutBy AnnaReally information book with yummy recipes! About half of the book is more informational on how to get kids or picky eaters to eat their greens using smoothies and the nutrition involved. Some really great information included throughout. If you are looking for recipes there are some great ones in here but I might recommend just checking out Pinterest!0 of 0 people found the following review helpful. Highly recommendedBy CustomerAwesome book, full of great tasting smoothies, using easily obtainable ingredients and quick and easy instructions. Highly recommend for a part of a healthy lifestyle.

Are you tired of every meal time turning into a face-off with your child over a teaspoon of peas? Do you feel guilty and worried that your child is not getting enough veggies in their diet? Do you wish there was a simpler way to get your kids to like them? Well there is!Blitz them up, chug them down—thatsquo;s the order of the day. Moms no

longer need to fret over their children's nutrition—this book is the answer they've been waiting for. It's the complete “how to” guide to get even the most stubborn child on board with healthy green smoothies. The book contains 35 scrumptious and nutritious recipes that have been divided into beginner, intermediate, and expert so everyone can work through them at a pace that best suits their lifestyle and their child. With a complete nutritional breakdown of all the best smoothie ingredients, readers will soon be blending their own masterpieces according to the specific health benefits they want for their family. This book explains why sugar is so bad for growing bodies and even includes a section on allergy substitutions. It's packed full of practical tips and tricks to transition one's family into smoothie lovers, including a guide to selecting the best blender. As delicious as milkshake, few kids will be able to resist these amazing smoothies that are crammed full of goodness—in fact, after a while, they will be begging you to make them! Everything you could possibly need to get your kids started on green smoothies can be found in this comprehensive book. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**About the Author** Simone McGrath is the mother of two children whom she has healed of allergies and eczema through the use of healing nutritious foods. She has an extensive knowledge in health and nutrition and has always maintained that if you feed your body only nourishing, clean foods, you will feel vibrant, healthy, and happy, and you will live your best life! She specializes in all areas of health and has a special interest in the areas of detoxing, allergies, and digestive health. She is currently studying with the Institute for Integrative Nutrition and lives in Sydney, Australia.