



# **How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! (Revised Edition)**

*Ellie Bedford*

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How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! is a magical themed healthy children's recipe book that targets the most difficult dietary areas: treats, snacks, and drinks. Eaten alongside a balanced whole foods diet, these 22 recipes can add an extra boost of energy and get kids excited about healthy eating! How to Eat a Rainbow teaches children how to fill their plates with fruits and vegetables in all the colors of the rainbow, and the importance of eating a variety of colors every day. Each recipe is a world children can dive into while they unpack the ingredients and make their own work of art. These fairies are hard at work (though some are a bit lazy) and are part of the team, chopping down towering stalks of celery, plucking grapes, and enchanting the seeds!

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Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! (Revised Edition), you could enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't buy it, oh come on its called reading friends.

#### **Ryan Moore:**

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