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# Easy, Healthy, Yummy Recipes That Tweens And Teens Can Make!: Simple Twists On Some Classic Favorites



## Synopsis

Many kids aren't comfortable in the kitchen simply because they haven't been shown how much fun and how easy it can be to make good food. They may picture a lot of tedious work with a ton of instructions that don't make sense, and they'd rather just grab some fast food or ready made grab-and-go item as they head out the door, many of which aren't really very healthy. That's such a shame! I remember my grandmother teaching me some basic cooking skills when I was five years old, and the joy and excitement from that experience has stayed with me all my life. I hope to share my love of food and cooking with you through this book. You'll probably recognize most of the foods in these recipes, and now you'll know how to make them yourself instead of having to buy premade at the store. And these are simple enough recipes that you can learn from them, modify them to your own preferences, and easily make them often. Make them with your teens and tweens and enjoy quality time together, learning and growing together. Enjoy!

## Book Information

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