



Great Healthy Food for Vegetarian Kids

Nicola Graimes

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Whether you are vegetarian yourself, or your child has decided to give up meat, this book will provide you with lots of ideas for food that your child will really want to eat, along with nutritional guidelines to ensure that your child is getting everything he or she needs for healthy growth. Written by a vegetarian parent who practices what she writes, this book shows that it is possible to provide a good, balanced diet for children, without spending hours in the kitchen or tracking down specialty ingredients. Rather than rely on meat substitutes, the author's aim is to offer a varied range of child-friendly appetizing alternatives, drawing on the vegetarian traditions of many different cuisines. Many of the recipes will appeal to the whole family so you will not have to prepare separate meals for adults and children. Beautiful full-colour photographs and an attractive layout make Great Healthy Food: Vegetarian Food for Children a must-have for the vegetarian family.

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