



# The Early Sprouts Cookbook

*Karrie Kalich, Lynn Arnold, Carole Russell*

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**The Early Sprouts Cookbook** Karrie Kalich, Lynn Arnold, Carole Russell

Discover delicious new ways to provide healthy meals in preschool settings. Packed with more than seventy breakfast, lunch, snack, and special celebration recipes, this hands-on cookbook promotes the development of healthy eating habits in young children. Anchored by wholesome ingredients, these recipes are nutritionally sound, follow federal dietary guidelines, and are all child-tested and approved. Nutrition information, food safety procedures, tips for cooking with children, and colorful photographs of completed recipes are included.

This cookbook complements *Early Sprouts: Cultivating Healthy Food Choices in Young Children*, a complete nutrition and gardening curriculum to help preschoolers develop preferences for healthy foods.

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