



# **Petit Appetit: Eat, Drink, and Be Merry: Easy, Organic Snacks, Beverages, and Party Foods for Kids of All Ages**

*Lisa Barnes*

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**Delicious organic recipes from an award-winning organic-foods cookbook author and nutrition expert.**

As kids get older, parents get busier, and they all need simple, creative, healthy ideas and recipes for school lunches, snacks, drinks and the seemingly endless round of parties, playdates, and special occasions. This all-new collection of recipes from Petit Appetit is just what they need. These nutritious, organic, and easy-to-prepare snacks, drinks, and celebration foods are the perfect alternative to processed store-bought items laden with high fructose corn syrup, trans fats, additives, and preservatives. Chef and mother Lisa Barnes' simple, delicious recipes enable parents to think ?outside the bag? (of processed chips, crackers, and cookies) and learn how to create new family favorites with healthy, organic ingredients.

*Petit Appetit: Eat, Drink, and Be Merry* features:

- ? Expert advice, tips, and stories
- ? Nutritional, dietary, and allergy information Throughout
- ? Best methods for packing and storage
- ? More than 150 recipes

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#### **Evelyn Spencer:**

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#### **Brenda Taylor:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a e-book. The book Petit Appetit: Eat, Drink, and Be Merry: Easy, Organic Snacks, Beverages, and Party Foods for Kids of All Ages it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not very costly but this book offers high quality.

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