



Bean Appetit: Hip and Healthy Ways to Happy Tummies

Shannon Payette Seip, Kelly Parthen

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Introducing a fresh and fun cookbook that gets kids excited about eating spinach! *Bean Appetit* is a hands-on book designed for both kids and parents, presenting yummy, good-for-you recipes in a never-before-seen, playful way.

This darling cookbook is packed with recipes, food-themed games, crafts, and activities that will inspire families to embrace healthy habits. Based on favorites from the authors' cafe, Bean Sprouts, the nation's leading hip and healthy kids' cafe, recipes include Dough-Re-Mi, Elefunky Monkey snack mix, Bug Bites, and more.

"Bean Sprouts kids cafe is a restaurant after my own heart. They are expert in hiding vegetables in food and making it taste even better in the process." --Wisconsin State Journal



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