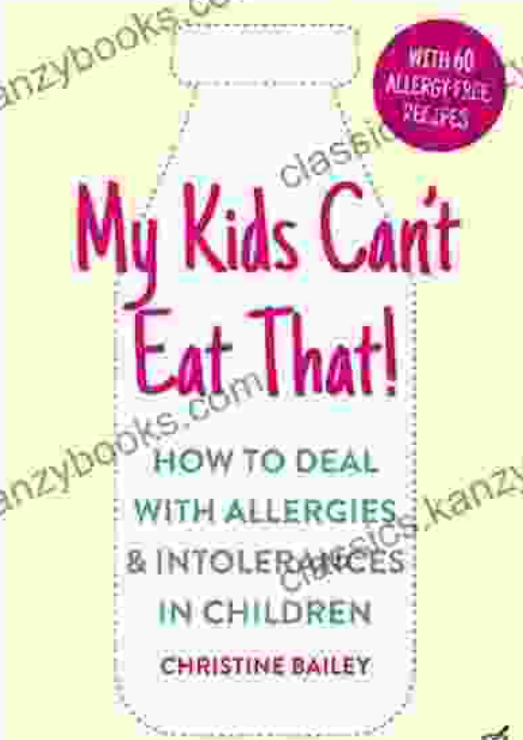


# Unlock Wholesome and Convenient Meals for Kids: My Kids Can Eat That EBK

Empowering Parents to Nourish Their Children with Delicious and Nutritious Treats

My Kids Can't Eat That! (EBK): How to Deal with Allergies & Intolerances in Children



WITH 60 ALLERGY-FREE RECIPES

**My Kids Can't Eat That!**

HOW TO DEAL WITH ALLERGIES & INTOLERANCES IN CHILDREN

CHRISTINE BAILEY

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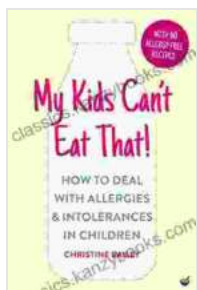
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**Description:**

*This friendly, no-nonsense guide to cooking for kids is everything parents need to take a pro-active, holistic approach to food allergies or intolerances in their child. Having a child diagnosed with a food allergy, sensitivity or intolerance can be a daunting prospect. How did it happen? What can they eat? What will make the symptoms worse? And can anything make it better? Award-winning*

In a fast-paced world where convenience is often prioritized, feeding our kids nutritious meals can be a challenge. However, the cookbook "My Kids Can Eat That EBK" offers a solution to this dilemma, providing parents with an array of healthy and kid-approved recipes that can be prepared with ease.



## My Kids Can't Eat That! (EBK): How to Deal with Allergies & Intolerances in Children by Christine Bailey

★★★★☆ 4 out of 5

Language	: English
File size	: 701 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 340 pages



### The Story Behind "My Kids Can Eat That EBK"

The book's author, Erin Bolt, a mother of two, knows firsthand the struggles of picky eaters. Determined to find a way to provide her children with wholesome and delicious meals, she began experimenting with recipes that catered to their tastes. The result was an extensive collection of kid-tested and approved dishes that have now become the foundation of "My Kids Can Eat That EBK."

### Key Features of "My Kids Can Eat That EBK"

- **Over 100 Healthy and Kid-Friendly Recipes:** From breakfast favorites to dinner main courses and sweet treats, the book offers a

wide variety of recipes that appeal to children's palates.

- **Step-by-Step Instructions with Clear Photographs:** Each recipe is accompanied by detailed instructions and vibrant photographs, making it easy for parents to follow along and prepare delicious meals.
- **Focus on Wholesome Ingredients:** The recipes prioritize fresh fruits, vegetables, lean protein, and whole grains, ensuring that your kids are getting the nutrients they need.
- **Emphasis on Convenience:** Many of the dishes can be prepared quickly, making them ideal for busy parents who are short on time.
- **Kid-Approved Flavors:** Erin's recipes are designed to satisfy even the most stubborn young eaters, featuring a balance of sweet, savory, and tangy flavors.

### **Benefits of Using "My Kids Can Eat That EBK"**

- **Make Mealtimes a Pleasure:** With recipes that kids love, parents can eliminate mealtime battles and create a positive dining experience for the entire family.
- **Promote Healthy Eating Habits:** The wholesome ingredients and kid-approved flavors encourage children to adopt healthy eating habits that will benefit them for a lifetime.
- **Save Time and Effort:** The convenient recipes and easy-to-follow instructions make it possible for busy parents to prepare nutritious meals without sacrificing time or energy.
- **Bond with Your Kids:** Cooking together with your children can be a fun and rewarding way to connect and create lasting memories.

- **Reduce Food Waste:** By preparing meals that your kids will actually eat, you can minimize food waste and save money in the long run.

## What Readers Are Saying About "My Kids Can Eat That EBK"

*"This cookbook has been a lifesaver for me! My kids are finally eating healthy meals, and I don't have to spend hours in the kitchen."* - **Sarah J.**

*"The recipes are so delicious and easy to follow. I highly recommend this book to any parent who wants to feed their kids healthy and nutritious meals."* - **David M.**

*"Erin's recipes are a godsend. They're not only healthy but also kid-approved. My kids love the smoothies, the pasta dishes, and especially the desserts!"* - **Ashley S.**

## Free Download Your Copy Today!

If you're ready to transform mealtimes for your family and provide your kids with nutritious and delicious meals, Free Download your copy of "My Kids Can Eat That EBK" today. With its kid-approved recipes, convenience, and focus on wholesome ingredients, this cookbook is your ultimate guide to feeding your children healthy and happy.

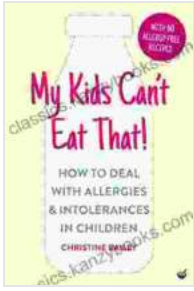
*Available now on Our Book Library, Barnes & Noble, and other major retailers.*

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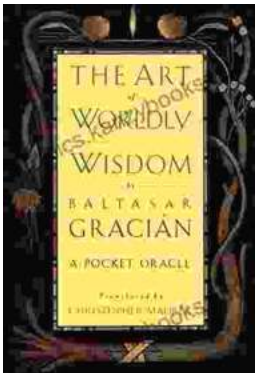
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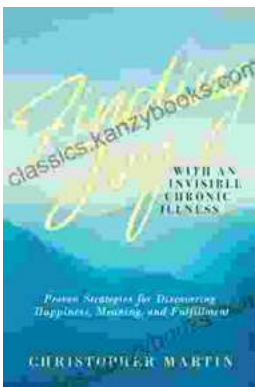


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