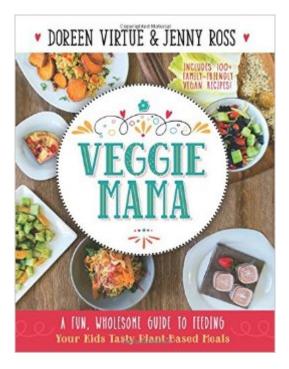
The book was found

## Veggie Mama: A Fun, Wholesome Guide To Feeding Your Kids Tasty Plant-Based Meals





## Synopsis

Veggie Mama is a manual for elevating your familyâ <sup>™</sup>s diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipesâ "including many raw options, using whole grains, legumes, nuts, fruits, and vegetables, along with superfoods such as hemp seeds and quinoaâ "for growing kids of all ages. Veggie Mamas Doreen Virtue and chef Jenny Ross discuss food allergies and present a CSG-free programâ "meaning free of corn, soy (with the exception of fermented miso paste), and gluten . . . inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, youâ <sup>™</sup>II have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100-percent plant-ingredient recipes you will be pleasing your childrenâ <sup>™</sup>s palates and doing their bodies good . . . setting them up for a lifetime of wellness!

## **Book Information**

Paperback: 272 pages Publisher: Hay House, Inc. (September 27, 2016) Language: English ISBN-10: 1401947492 ISBN-13: 978-1401947491 Product Dimensions: 6.9 x 0.6 x 8.9 inches Shipping Weight: 1.3 pounds (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #79,089 in Books (See Top 100 in Books) #109 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #136 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #178 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Download to continue reading...

Veggie Mama: A Fun, Wholesome Guide to Feeding Your Kids Tasty Plant-Based Meals Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 2) American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less than 30 MInutes The Hoosier Mama Book of Pie: Recipes. Techniques, and Wisdom from the Hoosier Mama Pie Company Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron) Rice Bowl Recipes: Over 100 Tasty One-Dish Meals Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Aroma Rice Cooker Cookbook: 50 Top Rated Aroma Rice Cooker Recipes-Tasty Meals With The Perfect Blend Of Grains And Veggies Straight Up Tasty: Meals, Memories, and Mouthfuls from My Travels Foiled!: Easy, Tasty Tin Foil Meals A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth Books for Kids: Plant a Seed and Watch it Grow! (Rhyming Picture Book for Kids): Kids Books - Bedtime Stories For Kids -Children's Books - Early Readers (Easy Reading - Easy Learning) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life

<u>Dmca</u>