



# 101 Recipes for Kids: Tried-and-Tested Ideas (Good Food 101)

*Angela Nilsen, Jeni Wright*

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**101 Recipes for Kids: Tried-and-Tested Ideas (Good Food 101)** Angela Nilsen, Jeni Wright  
Preparing fresh and healthy dishes that your child will actually eat may seem a difficult task for busy parents. This inspirational collection of recipes taken from *BBC Good Food Magazine* proves that you don't have to spend hours at a hot stove to give your children home-cooked meals. Full of quick, easy, and nutritional food options that are based on practical ingredients, this handy reference also includes full-color photos of each dish and a nutritional breakdown so you know exactly what you're giving your child.

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