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The Forest Feast For Kids: Colorful Vegetarian Recipes That Are Simple To Make



Synopsis

The Forest Feast for Kids includes the most kid-friendly favorites from The Forest Feast, along with 20 new recipes, plus ideas for kids' parties and easy-to-follow instructions on techniques, measurements, and other helpful kitchen aides. The first children's cookbook from New York Times bestselling author and popular food blogger Erin Gleeson, The Forest Feast for Kids, serves up kid-friendly vegetarian recipes that are quick, easy, and fun to make. This cookbook showcases the rustic simplicity of the fare through vibrant colorful photography of Gleeson's beautiful home in the woods and of children cooking the dishes themselves. Each meal is simple and full of fresh and lively flavors that will appeal to kids. The natural beauty of Gleeson's surroundings and the abundance of local produce serve as the inspiration for recipes such as: Pesto Pepper Pizza Rainbow Chard Quiche Kale Tacos Watermelon Smoothies. In addition to its recipes—which span meals, party food, snacks, and beverages—this nonfiction book includes ideas for crafty table decoration, party ideas, an illustrated guide on kitchen safety, and a glossary of culinary terms. The recipes are complemented by a mix of stunning photographs and art, including Gleeson's own fanciful watercolor illustrations and hand lettering. This beautifully designed kid-friendly cookbook is perfect for foodies and parents looking for healthy recipes for children. It will also appeal to fans of Erin Gleeson's blog and The Forest Feast. Parents.com says "Have you ever wanted to crawl into a cookbook and live in its world? That's how I feel when I page through Erin Gleeson's gorgeous The Forest Feast for Kids." Also available from Erin Gleeson: The Forest Feast: Simple Vegetarian Recipes from My Cabin in the Woods and The Forest Feast Gatherings.

Book Information

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Diseases

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Its a beautiful and practical cookbook, a rare combination. I love it. If you have the original Forest Feast, some recipes are redundant, but if you don't or even if you do, this is a beautiful and inspiring cookbook, geared toward cooking for children or more simply. The quality of the hardcover and pages are perfect.

Really really great book with good ideas. Do keep in mind though that, if you really like the first cookbook, "The Forest Feast," this book is about 1/3 the size and half the recipes are from the original.

This is the perfect cookbook for new kid chefs! The layout is beautiful, the recipes are easy for kids to follow, and it is a great way to get your kids to eat their veggies and help out in the kitchen. I know this will be my go to birthday gift for all of my friend's kids.

I was really disappointed with this cookbook. As other reviewers have said, the majority of the cookbook is repeat recipes from the original Forest Feast cookbook. Disappointed that I spent the money on this considering I barely got any new recipes out of it for my child. If you don't already own the original Forest Feast cookbook, you are better off purchasing that book since it has many more recipes for only a few bucks more. I really love the original cookbook, but now I am hesitant to purchase any other books by Erin Gleeson after getting ripped off on this one.

This book is really pretty. Graphically, 5 â••. The recipes are all simple, which is good for children to help with and good for children to eat, but some seem a little too simple. More like assembling food than actually cooking it. All in all I wouldn't say it's not worth getting, but I do think there's better vegetarian kids recipes out there, though probably not so attractively gathered.

My daughter (6 years old) got SO EXCITED about this book. It came in the mail and--30 minutes later--she and her dad are at the market buying the couple things she needs (that we don't already have here on hand) to make three of the recipes tonight for dinner. I have the original book (and

have bought it as gifts for couples) and this one is a beautiful companion that is special for young kids. I don't mind what the others have pointed out about a couple repeat recipes. This is the first cookbook my daughter has owned (and she has a bunch) that she immediately declared she wanted to make a whole meal for the family with. And I should mention that, while we tend to eat really healthy and heartily at home (mostly veggies from area farms--my husband is a chef, so we get directly from farmers, a CSA, and our own garden), my daughter is super stubborn and picky. We bend over backwards trying to involve her in gardening, shopping, cooking, etc. to encourage her consuming more fruits and veggies, but it's an ongoing challenge. This book really spoke to her, which made me very happy and immediately believe this was money well spent! I will stock up on a few more copies while the price is low for birthday presents for her school friends! Love it!

What a wonderful children's cookbook, but one I will use as well! This is a visually enchanting cookbook with well thought out recipes and preparation instruction, beautiful photography (I want to live in this forest!) and charming watercolours. I bought it as a birthday gift for an 8-year old who loves to help in the kitchen, but I'm going to need a copy for myself!

Love it but.... I have her other book which my 10 year old cooks from. I was hoping for more new recipes here, not just repeats from her other book. There are some good ones that are new but it wasn't worth the money spent. :(

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