



Pillsbury Fast & Healthy Meals for Kids (Pillsbury Cooking)

Pillsbury Editors

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A photo-filled collection of kid-friendly recipes that are delicious, nutritious, and ready in 30 minutes or less

Between soccer practice, music lessons, school and work, it's tough to get tasty, healthy meals on the table. But help has arrived! *Pillsbury Fast & Healthy Kids Meals* provides over 100 delicious recipes that even finicky kids will love, like Berry-Topped Oatmeal Pancakes, Mac 'n Cheese with Broccoli, and Canadian Bacon and Pineapple Pizza. Following the General Mills guidelines for healthy eating, these recipes are low in fat and calories but high in both fiber and flavor.

- Features 110 healthy recipes for every meal of the day, including snacks and desserts
- Special features in each chapter reveal handy information like how to pack a healthy lunchbox and making a salad bar at home, while the introduction covers the basics of childhood nutrition
- Tips throughout the book provide additional information about the recipes, and the Doughboy shows how kids can help out in the kitchen
- Includes 60 full-page color photos in an easy-to-use lay-flat format

With *Pillsbury Fast & Healthy Kids Meals*, parents will finally have an easy way to show kids that eating healthy can be fun and delicious.

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can drawn you into brand new stage of crucial thinking.

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