



# Parents Magazine Quick & Easy Kid-Friendly Meals: 125 Recipes Your Whole Family Will Love (Better Homes and Gardens Cooking)

*Parents Editors*

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**(Better Homes and Gardens Cooking)** Parents Editors

**Simple, healthy recipes that will satisfy the pickiest eaters**

*Parents* magazine has been helping parents make smart decisions about their kid's health and wellbeing for more than 80 years. And what children eat is most important of all for growing bodies! In *Parents Quick & Easy Kid-Friendly Meals*, the editors of *Parents* offer more than 100 simple, healthy recipes for every meal of the day and snacks in between.

Based on the expert advice of America's foremost childcare experts, you can rest assured that this cookbook offers kid-friendly meals that are both good and good for them!

- Includes more than 100 delicious, healthful recipes that kids will love, accompanied by mouthwatering full-color photographs
- Includes a free subscription to *Parents* with purchase of the cookbook
- Shares tips throughout on feeding picky eaters and preparing nutritious meals

If you've got a lot of hungry little mouths to feed, *Parents* has the advice and recipes you need to make mealtime easy and your family happy.



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