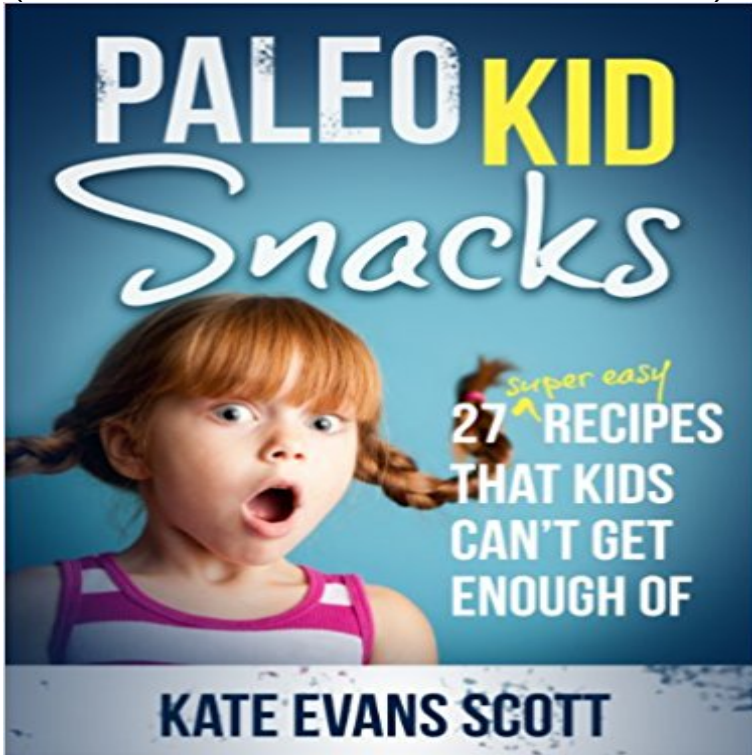


## Paleo Kid Snacks: 27 Super Easy Recipes that Kids Cant Get Enough Of (Primal Gluten Free Kids Cookbook)



Looking For Gluten Free, Grain Free Delicious Paleo Snacks That are Easy To Prepare and That Your Kids Will Love?

An Allergy-free, Whole Foods Snack book Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. Kids love to snack, and there is a good reason for it, they need the energy to fuel their rapidly growing bodies. Their stomachs aren't large enough to accommodate the necessary amount of food to carry them from meal to meal, they need healthy snacks in between. This book will help you fill the gap between meals, while providing you and your children with tasty alternatives to the sugar and preservative-laden snacks stocking grocery shelves, and they can easily and quickly be made at home. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and great tips for including children in the cooking process. Every recipe has been designed with the busy family in mind, keeping snacking convenient and portable.

Paleo Kid Snacks makes eating healthy simple with 27 kid tested recipes for Smoothies, Dips, and both Sweet and Savory snacks that the whole family will love! Packed full of easy Recipes for comfort foods that not only nourish, but satisfy cravings by steering your child toward protein rich meats, vegetables, fruits, nuts and healthy fats while avoiding potential allergens like gluten, grains, dairy, and legumes. The recipes in this book are perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from autism, ADHD, and asthma. The cookbook features 27 high-quality recipe photos. So you will easily be able to enjoy viewing them on both the black & white and the full color Kindle. Don't have a Kindle? Don't worry, you can also view this book by downloading the FREE Kindle app for your computer, iPad, or other mobile

device: <http://amzn.to/aUZMHP> . This Gluten Free, Kid Friendly Snack Book contains: 27 delicious recipes for Smoothies, Dips, Sweet and Savory Snacks

Step-by-step instructions on how to prepare really tasty quick snacks that even the busiest families will love. Tips and Techniques on how to involve children in the cooking process, and ways to make the transition to a Paleo diet easier for little palates. Suggestions for Kitchen tools to make food preparation easy and fun. Recipes that are nourishing and completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar. Budget friendly options so you can eat well without breaking the bank. Some of the delicious recipes included are: Green Monster Smoothie Mango Fruit-Rollers Turkey Pesto Rolls Beef & Broccoli Bites ....and more! Cant wait to dig in.... Scroll to the top of the page to download this book now and make snack time - fun time for the whole family! About The Author Kate Evans Scott is a stay at home mum to a preschooler and a toddler. In her former life she worked in Graphic Design and Publishing, which she now draws from to create inspiring books for young children and parents. Her passion for writing began with her preschooler who is an encyclopedia of all things animal, vegetable and mineral. With a deep interest to create books that satisfy his desire to learn, and his love of food, Kids Love Press was born.

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