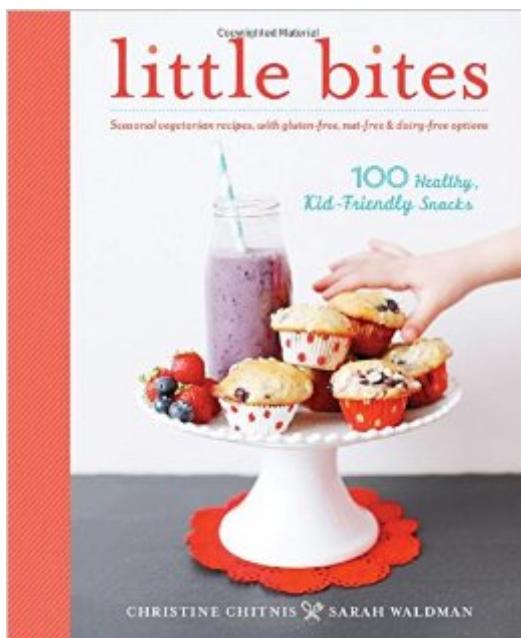


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# Little Bites: 100 Healthy, Kid-Friendly Snacks



## Synopsis

Leave the packaged snacks behind! Little Bites offers 100 wholesome, seasonal, vegetarian snacks perfect for active families. When you're on the go with little ones, snacks are essential. Whether it's an energetic pick-me-up after school or a nutritional boost at the playground, the 100 wholesome snacks in this book will help everyone get through the day. From Roasted Sesame Peas to Fresh Summer Rolls, Baked Apple Chips, and Mini Sweet Potato Pies, you'll find seasonal fruit- and vegetable-forward snacks that are tasty, healthy, and satisfying. Developed by two busy moms, this collection of inspired recipes is just right for active families that care about what they eat. Don't settle for prepackaged snacks. These nutritionally dense treats are simple to make, are easy to pack, and, as a bonus, make great breakfasts, light lunches, or side dishes for dinner.

## Book Information

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## Customer Reviews

This book is really intended for at-home parents with a large garden and plenty of time for complex cooking. If you have the time to make homemade flaxseed crackers, biscotti, bread, pesto (yes with multiple cups of farm fresh basil), etc, then you may really appreciate this book. I'm a working mom so I actually laughed when I read the recipe for Honey-Wheat Bread which included the comment "Throw a loaf into the oven right before your kids come home from school and your kitchen will smell warm and comforting when they walk through the door." Clearly these moms have a lot more free time than I do. Also, I disagree with the assertion that these recipes are all healthy. Quiet a few of

them contain large amounts of white flour, sugar and fat, along with a small amount of vegetables (presumably to demonstrate that the recipe is "healthy"). For instance the recipe for "Carrot Cake Sandwich Cookies" which consists primarily of cake made from white flour and sugar sandwiching cream cheese and honey. Or the recipe for "Lemon-Glazed Blueberry Donuts" - they're donuts topped with sugar glaze for crying out loud. My child would love these as well as the resulting massive sugar high. Also, calling these "bites" is misleading. A lot of the recipes are just for ordinary chip/vegetable dips. For example, the book includes all of the following as separate recipes: hummus, baba ghanoush, fetta-cucumber dip, pesto, lemony yogurt dipping sauce, etc. These are nothing more than basic dips which are not creative in the least - there are thousands of recipes available on the internet. I also have an issue with recipes that turn relatively healthy food into junk food. For instance the recipe for carmel covered apples which is nothing more than apples coated in "high quality caramel candies". Seriously? I find it pretty ballsy of the authors to consider that a "recipe" or "healthy." It's also a great way to ensure that kids no longer enjoy the natural sweetness of an apple. Sheesh. While I've basically panned this book, there were a few recipes worth noting. Our family found the Black Bean Cakes tasty and healthy (also freezable - bonus point). And the Bunny Rabbit Rolls were a cute idea, although not very different from ideas that are easily obtained on weelicious, and other websites dedicated to kids foods. So overall, I found three recipes worth making and the rest were either too difficult, not new or creative, and/or not healthy. Bummer.

I am so in love with this book that it has changed the way I think about food for my family. I love to cook, invent new fun meals for my little one but have always had trouble satisfying my husband and my different tastes - in Little Bites, the recipes do the trick! They are accessible but also full of good ingredients that are real - no crazy shopping trips needed, just good ole fashioned fresh ideas made with seasonality in mind. The photography is stunning and continues to inspire. This book is a pantry staple!!!! I can't wait to see what Sarah and christine have up their sleeves next.

What is most wonderful about these recipes (besides the gorgeous photos) is that I don't have kids and I LOVE making these treats for me and my friends. The Melon Slushies have been a godsend this hot summer-- the brussels sprouts crisps with lemon & parm are one of my favorite things to have on hand for friends coming over for dinner and drinks-- they are the perfect tapas dish. And the raspberry french toast sticks are really all that. SO SO good. Highly recommended.

Not only is this book stunningly beautiful and a joy to read, it's exceedingly practical for family meal

planning. I love that the recipes are organized by season, making the most of what's fresh locally throughout the year. My kids have enjoyed several recipes so far, including the green smoothie pops, cherry tomato cheddar bites and the summer corn fritters. The recipe instructions are simple and clear. I will be buying several of these books to give as gifts!

Over carrots and hummus? Despite only owning Little Bites for not even two weeks, my young sons & I have already made and fallen in love with over a half dozen recipes. Some are just so easy- like watermelon slushies and heat wave ice pops. The instant gratification of eating "raw" cookie dough balls makes my little guys grin. Other recipes help us deal with our overwhelming farm share: their simple ideas like adding kale to our pesto or roasting an eggplant for baba ganoush- are making veggies a winners in my household. Despite my son's severe nut allergy, my family has been cooking/eating from Sarah Waldman's beautiful, healthy blog for over two years, making minor substitutions as needed. If you'll excuse us, we're off to fry up 'summer corn fritters' . . .

I love this book! Little Bites is gorgeous. Its size is perfect... not so large that it's a hassle to hold and not so small that it's fiddly and annoying, but yet small enough to compliment what it's all about. The print quality and the texture of the paper are both wonderful! The colour, the design, the graphics, the photography, the layout... it all just works and blends seamlessly. It is vibrant and stunning! The level of information is perfect. It's concise, manageable and clearly delivered and those who are just starting out on the journey to living healthier will not feel overwhelmed and bombarded. The authors have made it doable and inspiring. As for the recipes, they'll make you hungry and eager to cook. Plus, for any parents of school aged children, it's packed with fresh, easy, exciting and nourishing lunch box ideas. It is a beautiful book and I am thrilled with my purchase. In fact, I have returned to purchase multiple copies as it makes a brilliant gift. Little Bites: 100 Healthy, Kid-Friendly Snacks

This delightful book is an inspiration for grandmothers, like myself, who want to provide nutritious and appealing snacks to children. When I showed it to friends, they were so pleased that they wrote down the name and publisher to buy it themselves for their children and/or grandchildren. Polly F.

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