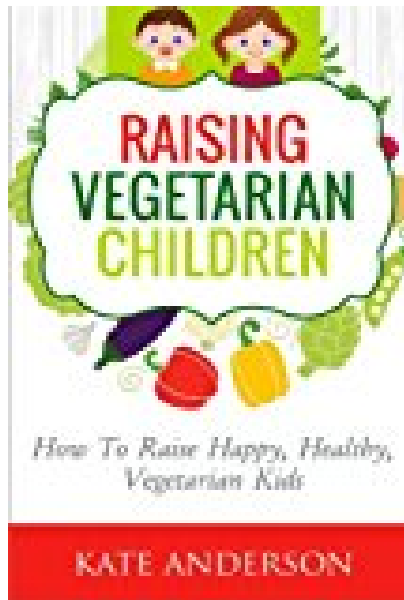


Raising Vegetarian Children How To Raise Happy Healthy Vegetarian Kids



BOOK DETAILS

- Author : Kate Anderson
- Pages : 50 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1517723752

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BOOK SYNOPSIS

Raising Vegetarian Children Raising children to be happy healthy vegetarians can at times be a complex path, but this book will give you the skills and knowledge to do this in an easy and fun way! New York Times best selling author of Kate Anderson brings you her latest book - as a vegetarian raising two kids, she is able to give simple and effective advice and easy to follow steps to have a happy, healthy vegetarian family. Heres a preview of what youll learn when you buy this book:- Vital Steps to get enough Protein, Iron and Nutrition in the diet - Homemade Baby Food - Breakfast, Lunch, Dinner and Snacks for babies, toddlers, children and teenagers - How to deal with picky eaters - Talking to your kids and other people about being vegetarian - Easy homemade recipes and so much more. What other people are saying: "A rare book in the vegetarian field - it gives you the facts and the information you need without all the excess nonsense!." Dr Julianne Shawe, Chicago Tribune "A wonderful companion and guide to raising a vegetarian family. Easy to read and full of practical advice!" Book Of The Month October 2015, Evening Standard

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