

## REAL FOOD FOR HEALTHY KIDS STEEL TANYA WENMAN SEAMAN TRACEY

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With Real Food for Healthy Kids, a new cookbook by Tracey Seaman and Tanya Wenman Steel, wholesome meals may find their way onto the table on more regular basis. (San Francisco Chronicle) Provides recipes and strategies for every facet of feeding children, from breakfast to birthday cakes. (Cookie magazine)

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Real Food for Healthy Kids features more than 200 easy-to-make recipes for school days and weekends, including breakfast, snacks, lunch, dinner, and even parties. Each recipe has been taste-tested by children and analyzed by a nutritionist.

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Real Food for Healthy Kids: 200+ Easy, Wholesome Recipes by Tanya Wenman Steel. Read online

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In this essential cookbook, food and parenting experts Tracey Seaman and Tanya Wenman Steel offer help and hope, whether you're experienced in the kitchen or more inclined to head to the drive-through. Real Food for Healthy Kids features more than 200 easy-to-make recipes for school days and weekends, including breakfast, snacks, lunch, dinner, and even parties. Each recipe has been taste

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**Tracey Seaman (Author of Real Food for Healthy Kids)**

Tracey Seaman is the author of Real Food for Healthy Kids (4.67 avg rating, 3 ratings, 1 review, published 2008),

Real Food for Healthy Kids (3.46 avg ra

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My source for this recipe is the book Real Food For Healthy Kids by Tracey Seaman and Tanya Wenman Steel. The book is parent-tested and kid-approved. And both authors are credible recipe developers and food editors. Tanya Wenman Steel is the editor-in-chief of Epicurious.com, while Tracey Seaman is the test kitchen director of Every Day with

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