

## Green Kids Cook

by CHANDLER, JENNY

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Jenny Chandler, is back with Green Kids Cook, after focusing on classic family recipes and techniques in Cool Kids Cook, she is here with over 50 easy and adaptable recipes to teach the cooks of the future how to eat well, look after themselves and think about the planet all at the same time. With spreads on the environment and craft projects too.

There is a massive rise in interest in veganism, vegetarian cooking and reducing meat consumption and, whilst this book is not purely plant-based, the world of vegetables, grains, pulses, nuts and seeds are at its core, with the odd tip about using sustainable meat and fish. It's undeniable that, with rising levels of obesity and all the related health issues, we need to get kids eating more veg; there can be no better way to get children eating more greens than letting them take the reins in the kitchen.



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