



Little Bites: 100 Healthy, Kid-Friendly Snacks

Christine Chitnis, Sarah Waldman

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Little Bites: 100 Healthy, Kid-Friendly Snacks Christine Chitnis, Sarah Waldman 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.



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Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Little Bites: 100 Healthy, Kid-Friendly Snacks, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

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