

*Wouldn't it be great* if instead of asking for chocolate or a hot dog, your child asked for an apple or stir fry vegetables? Does this sound impossible?

**I want to show you how to inspire your children to love healthy food.**

This is the greatest gift you can give them. A healthy start in life gives them the best chance of a healthy adult life. As you will see, education starts in the garden, progresses to the kitchen and ends with that good feeling in the tummy after a meal that is cooked with nutritious foods and loving hands...



Many parents say that fast food once a week won't kill their child, or that eating lollies is just what kids do! The thing is, as children we develop our tastes. Those foods we are exposed to when we are young, determine to a larger extent, the foods we choose to eat as adults. We as parents are responsible for what goes into our child's mouth. We are their caretakers until they become old enough to make choices for themselves. So let's do the best job possible. Lets give them the greatest chance at a full and healthy life.

**Help your children to develop a passion for foods their bodies will love!**

Following are a collection of vegetarian recipes that suit a variety of palates. Why vegetarian? Because that is the kind of food that I make. This book is not specifically about vegetarianism though. My focus is on whole, healthy foods. Most of us are either omnivores or vegetarians anyway so just because you like to eat meat, doesn't mean that you cannot include the recipes in this book as part of your repertoire.

These recipes are also designed to vary palates that are used to plain food. Some are for adults to prepare with a little help from children where safe, while others are designed to allow the child to do most or all of the work. They will be marked with special symbols according to difficulty. See the section on "**How To Use This Book**" on page VIII. You will also find tips on a variety of topics from dealing with fussy eaters to family ritual ideas based around food.

*It is my hope that this book will not only help you and your child to cook but also to create a way of life that combines healthy food, family togetherness and a deeper knowledge of how what we eat affects our minds, our bodies and our spiritual well-being...*

# The Treasures You Will Find

<b>How To Use This Book</b> .....	8
<b>Join the Food Safari</b> .....	11
<b>What Do Our Bodies Need?</b> .....	12
Our Own Personal Armies.....	15
Superfoods.....	16
Good Fats and Bad Fats.....	20
What Is Wrong With Eating Too Much Junk Food? .....	23
RAW-Some Food.....	24
How Do Your Taste Buds Work?.....	26
Where Does Your Food Come From?.....	28
Eating For a Happier Earth .....	33
Your Own Fresh Eggs.....	34
<b>Lets Get Started!</b> .....	36
Cooking Equipment.....	38
Creating a Safe Kitchen.....	40
Ambience in the Kitchen.....	42
Cooking Terms .....	44
Alternative Ingredients.....	46
All About Flour.....	50
Which Milk?.....	53
Which Oil?.....	53
What Do Hormones Have To Do With Canned Food?...54	
Cooking With Herbs.....	56
Regional Flavours.....	58
Cooking and Sprouting Techniques.....	64
Varieties of Rice.....	66
Cooking Great Rice.....	68
Getting Creative and Expanding Your Knowledge.....71	
A Word Before You Begin.....	71

<b>Beautiful Beginnings</b> .....	73
   <b>Marvelous Toasted Muesli</b> .....	74
  <b>Swiss Muesli</b> .....	76
   <b>Gluten Free Toasted Muesli</b> .....	77
   <b>Berry Apple Porridge</b> .....	78
  <b>Omelettes</b> .....	80
   <b>Fruit Salad with Coconut Snow Cream</b> .....	81
 <b>Waffles</b> .....	82
 <b>Perfect Pikelets</b> .....	84
   <b>LSA</b> .....	86
   <b>Powerful Banana Smoothie</b> .....	87
   <b>Green Smoothie</b> .....	88
   <b>Tropical Bliss Smoothie</b> .....	88
<b>Little Morsels</b> .....	91
<b>Dips</b> .....	92
  <b>Sunset Dip</b> .....	92
   <b>Smoky Baba Ghanoush</b> .....	94
   <b>Enchanted Forest Dip</b> .....	94
   <b>Stain-Your-Clothes Dip</b> .....	96
   <b>Guacamole</b> .....	98
   <b>Sassy Salsa</b> .....	98
   <b>Hummus</b> .....	100
   <b>Baby Bear Hummus</b> .....	100
   <b>Herby Tomato Hummus</b> .....	101
  <b>Almondy Hummus</b> .....	101
   <b>Cinderella Hummus</b> .....	102
And Still More Hummus Ideas.....	102
Making Your Own Crackers.....	104
  <b>Potato and Rosemary Crackers</b> .....	106
  <b>Popeye Crackers</b> .....	108
  <b>Cheesy Crackers</b> .....	109
  <b>Heart's Desire Crackers</b> .....	110
Platters and Other Savoury Snacks.....	111

<b>Entrees, Lunches and Appetisers.</b>	
Rice Paper Spring Rolls.....	112
Never-Lasting Nori Rolls.....	114
Not-Sausage Rolls with a Twist.....	116
Better 'n' Bought Tomato Sauce.....	117
Golden Corn Cakes.....	118
Greek Beanies.....	120
Tzatziki.....	120
Nutty Chick-a-pea Burgers.....	122
Garden Burgers.....	124
Mini Quiches.....	126
<b>Kids Eating Green!.....</b>	128
<b>Side Dishes</b>	
Slow Roasted Tomatoes.....	130
Garlicky Beans.....	130
Maple Glazed Treasures.....	132
Honeyed Carrots.....	134
Rose-Married Potatoes.....	135
Beautiful Brassicas.....	136
Lemony Peppered Greens.....	138
Shanta's Sesame Rice.....	138
Crazy Coconut Rice.....	139
Queen Bee Wedges.....	140
<b>Gifts from the Garden.....</b>	143
Couscous Medley.....	144
Lime, Pumpkin & Quinoa Salad.....	146
Aladdin's Salad.....	148
Rainbow Salad.....	150
Tomato Salad.....	152
Posh Cucumber Salad.....	152
Tabbouleh With a Spin.....	154

Sesame Rice Salad.....	156
Wild Salad.....	158
Asian Noodle Salad.....	160
Rainbow Spaghetti Salad.....	162

<b>Beastly Brews.....</b>	165
Vegetable Stock Concentrate.....	166
The Forest King's Soup.....	168
Fire Engine Soup.....	170
The Soup of Endless Possibilities.....	172
Hearty Lentil Soup.....	173
Mushroom Soup.....	174
Tomato and Beetroot Soup.....	176
Pumpkin Soup.....	178
Turkish Red Lentil Soup.....	180

<b>Magical Mains.....</b>	183
Pizzas.....	184
Nachos.....	188
Shepherd's Pie.....	190
Beautiful Bolognese.....	192
Tomato Sunrise Slice.....	194
Better Baked Beans.....	196
Golden Chickpea Curry.....	198
Dreamy Dahl.....	200
Coconut Dahl.....	202
Turkish Casserole.....	203
Awesome Adzuki Curry.....	204
Mexican Pie.....	206
Gado Gado.....	208
Pumpkin and Sweet Pea Risotto.....	210

<b>The Land of Sweet</b> .....	213
Wholemeal vs. White Flour.....	214
A Great Baking Tip .....	214
Oven Settings.....	214
Cake Tin Sizes.....	214
Bliss Balls.....	216
❌ The Original Bliss Ball.....	218
❌ Chocolate Goji Balls.....	220
❌ Almond and Cashew Balls.....	221
❌ Chocolate Mint Balls.....	222
❌ Almond and Apricot Balls.....	223
❌ Chocolate, Honey Almond Balls.....	224
❌ Cranberry and Apple Balls.....	224
<b>Baking</b>	
❌ Gingerbread Biscuits.....	226
❌ Chocolate Chip Pecan Biscuits.....	228
❌ Jam Drops.....	230
❌ Muesli Bars.....	232
❌ Basic Scone.....	234
❌ Lime and Coconut Scones.....	236
❌ Pumpkin Scones.....	238
❌ Cranberry and Vanilla Cake Bars.....	239
❌ Honey and Apple Cake.....	240
❌ Carrot Cake.....	242
❌ Chocolate Cupcakes.....	244
❌ Once Upon a Time Muffins.....	246
❌ Lemon Syrup Muffins.....	248
❌ Blueberry and Apple Muffins.....	250
Happily Ever After Muffins.....	252
<b>Raw Treats</b>	
❌ Crispy Cashew Rice Treats.....	253
❌ Divine Raw Brownies.....	254
❌ Raw Coconut Rough.....	256

**From the Freezer**

❌ ❌ Frozen Fruit.....	258
❌ ❌ Home-Made Ice blocks.....	258
❌ ❌ Multicoloured Ice blocks.....	258
❌ ❌ Tropical Bliss.....	259
❌ ❌ Banana and Berry fluff.....	260
❌ ❌ Chocolate Banana Cream.....	260

**Desserts**

❌ Saucy Banana Pudding.....	262
❌ ❌ Cinderella Custard.....	262
❌ Peach Pie.....	265
❌ Chocolate Chia Pudding.....	266
❌ Apple Crumble.....	268

**The Roots of Health: Information for Parents.....271**

The Roots of Healthy Eating.....	272
Being Healthy Is Not Just About What We Eat.....	272
Inspiring Children’s Choices.....	273
Diversifying Your Child’s Palate.....	274
Where Does Food Come From? .....	277
Healthy Children are Happy Children.....	278
Dealing with Fussy Eaters.....	279
Always Something Good to Eat.....	280
Kids in the Kitchen; Dinner Nights.....	282

**Glossary.....284**

**Bibliography.....290**

**Suggested Reading List .....291**

**Index.....292**




# How To Use This Book

The recipes contained in this book are suitable for children and adults to work together. Depending on a child's age, some may even be prepared without adult help.

In the beginning for a cook starting out, it is essential to stick to the instructions in the recipes. In this way, the process of cooking is learned and the basics become a foundation for later exploration. However you will notice that below most recipes is a "Play Time" box. This contains ideas on how to change the recipes and is just a starting point to allow the imagination to flow. The idea is, as any cook gains confidence, young or old, skills increase and creativity becomes a part of the whole process.

## Child Involvement/Adult Teamwork




Each of the recipes have an indicator to you let you and your child know what level of adult help is needed. In the table of contents, the recipe name is coloured and on the recipe page, you will see a small indicator circle at the bottom of the page. Of course this is a rough guide and the age and maturity of your child will play a large role in their ability in the kitchen. Ultimately this system is to be used at your discretion.

Little or no use of sharp instruments or heat	
Around Half the preparation involves sharp instruments and/or heat	
High use of sharp instruments and/or heat	



## Dietary Requirements

Each recipe has a dietary indicator at the bottom of the page. This lets you know at a glance, suitability for allergies or food choices. Some of the recipes are free from certain ingredients outright and others can be adapted using the "Play Time" box. The indicator does take into account the "Play Time" suggestions. I have not specified the use of egg replacers or gluten free flours. If you do use either of these ingredients, then more of the recipes will be suitable for both vegans and those following a gluten free diet.

Vegan - also covers egg and dairy allergies	
Gluten Free	
Nut Free - doesn't include pine nuts or coconut	

The first chapter, *Join the Food Safari*, is directed at children and covers nutritional information as well as general cooking guidelines. Also included is information about ingredients and where they come from. If you would like to know more about a particular ingredient and have not found it listed in this first chapter, be sure to read the glossary beginning on page 284, where there are details of many ingredients.

The last chapter, *The Roots of Health*, is information for parents. This includes tips and tricks for dealing with fussy eaters and ideas for moving over to a healthier lifestyle.