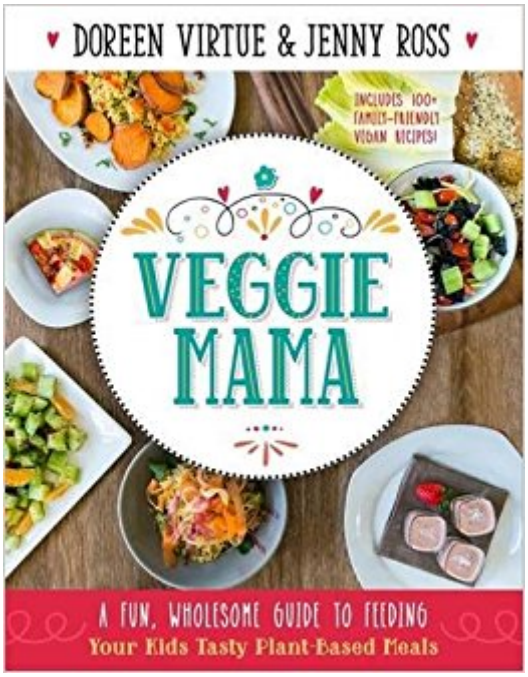
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Veggie Mama: A Fun, Wholesome Guide To Feeding Your Kids Tasty Plant-Based Meals



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Synopsis

Veggie Mama is a manual for elevating your familyÃ¢â ¬â„¢s diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipesÃ¢â ¬â •including many raw options, using whole grains, legumes, nuts, fruits, and vegetables, along with superfoods such as hemp seeds and quinoaÃ¢â ¬â •for growing kids of all ages.Ã Â Veggie Mamas Doreen Virtue and chef Jenny Ross discuss food allergies and present a CSG-free programÃ¢â ¬â •meaning free of corn, soy (with the exception of fermented miso paste), and gluten . . . inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, youÃ¢â ¬â„¢ll have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100-percent plant-ingredient recipes you will be pleasing your childrenÃ¢â ¬â„¢s palates and doing their bodies good . . . setting them up for a lifetime of wellness!

Book Information

Paperback: 272 pages

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Average Customer Review: 4.1 out of 5 stars 14 customer reviews

Best Sellers Rank: #176,781 in Books (See Top 100 in Books) #43 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #220 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #251 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology. A former psychotherapist specializing in eating disorders and addictions, Doreen now gives online workshops on topics related to her books and oracle cards. SheÃ¢â ¬â„¢s the author of Assertiveness for Earth Angels, DonÃ¢â ¬â„¢t Let Anything Dull Your Sparkle, and Nutrition for Intuition, among many other works. She has appeared on Oprah, CNN, and Good Morning America, and has been featured in newspapers and magazines worldwide. For information on DoreenÃ¢â ¬â„¢s work,

please visit her at AngelTherapy.com or Facebook.com/DoreenVirtue444.Jenny Ross, the owner and executive chef of the living-foods restaurant 118 Degrees Los Angeles in Tarzana, California, has been a pioneering spirit of the raw-foods movement since 2000, beginning with her first Los Angeles cafÃƒÂ©. Her unique creations have captivated customers nationwide, and she offers intensive workshops and certifications in living cuisine. Jenny works internationally with clients of all backgrounds, motivating them toward more vibrant health while teaching them about the healing power of living foods. Her award-winning cuisine has drawn a celebrity clientele to her restaurants and has been a positive catalyst for changing many lives. Websites: www.jennyrosslivingfoods.com and www.118degrees.com

Good for the whole family, excellent recipes and advice in this packed book. A must have for Moms and Dads who are into eating the healthy way.

Enjoying making the recipes. This is the first raw/vegan book I have read that the food tastes good and my family will eat it.

Very helpful for 4 adults that have different tastes from meat eaters, to meatless meals. Great tasty ideas that everyone can enjoy and using good food.

Lots of great information. I can’t wait to try all of the recipes in this book!

Arrived quickly..great book with lovely photos and recipes

I wish the book had a better flow... But the tips in the book are good. Recipes were basic can be found online.

Received my book a day late: but it looks awesome. I’ll b giving some of the recipes to my preacher’s wife

This is geared towards getting your kids to eat plant based meals, but I think it is helpful for all of us.We live in a world where there are so many by-products, hormones and chemicals used in our food, no wonder we have become so unhealthy.I enjoyed this book because it gives helpful advice without being preachy or pushy or shoving things down your throat. (Pardon the pun.)Easy to read

and follow. I highly recommend young and old, if you are interested in adding more plant based meals to your life.

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