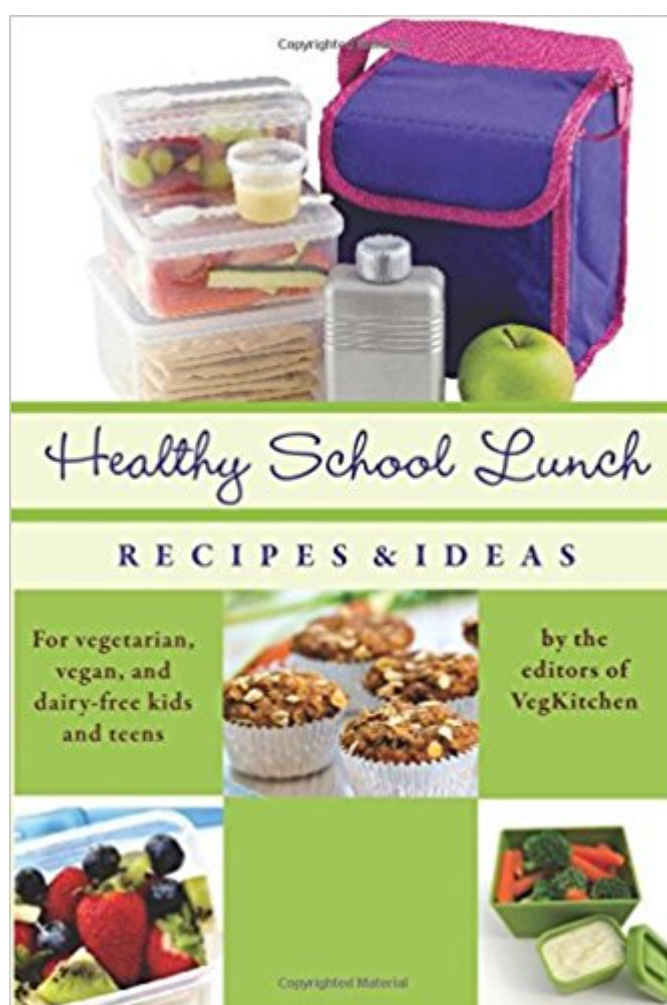


The book was found

Healthy School Lunch: Recipes & Ideas For Vegetarian, Vegan, And Dairy-Free Kids And Teens (Best Of VegKitchen)



Synopsis

This concise book offers recipes and ideas (more than 50 in total) will make the task of making school lunch for kids and teens who are vegetarian or vegan a bit easier and even more fun. They will also be useful for those following dairy-free diets due to allergy or intolerance. You will find lots of tips and recipe-free ideas, as well as easy recipes for: Sandwiches and wraps Hot and cold container lunches Dips that will make veggies more appealing Muffins & bars Plus: Simple dinner main dishes that can become the next day's lunch, and lots of ideas for packing fruit that will ensure that it gets eaten! VegKitchen's school lunch articles and recipes are among the most visited on our site. We hope the ideas in this book will help you stay organized and motivated to make great lunches throughout your kids' school days!

Book Information

Series: Best of VegKitchen (Book 2)

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Customer Reviews

Jordan St. Clair-Jackson is a longtime contributor to VegKitchen, and enjoys writing about food, health, lifestyle, and culture.

This book was a disappointment. I didn't need "recipes" for sandwiches. I was looking for healthy school lunch options that were not just sandwiches or sandwich type creations. Also, the book is very small with only a few good recipes. Save your money and go with a different book.

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