



## Super Kids: Healthy Eating for Kids and Teens

By Suman Agarwal

Ebury Press, Noida, 2015. Soft cover. Book Condition: New. 25 cms. 264pp. How many times has your child turned their nose up at dinner? Don't you wish someone would tell you exactly what this interesting, yummy food entails? Do you worry about your child eating too much junk? Do you wish you could make good old ghar ka khana more exciting and appealing? Fret not, Suman Agarwal has answers to all your food and health woes. Suman provides dozens of super easy, healthy and scrumptious recipes like spinach masala dosa, nachos bhel and chipotle rolls as well as fuss-free desserts and party foods that your children will adore. Complete with simple instructions, photos and calorie indicators, Super Kids is a must-buy for every mum.



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