



The Power Of Three - Vegan Cookbook: Plant-Based Cookbook for Kids

Tanja Johnston

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This cookbook offers health-concerned Moms and Dads easy to follow guidelines and super-yummy recipes bringing more fruits and vegetables onto your table and into your kids' tummies. If you are looking to raise your child plant-based or are just looking for quick and easy ways to make a Meatless Monday a day your entire family can look forward to, this book will help you to do both. Tanja and her plant-strong son Tyler share with you how they do it on a daily basis. Tanja's strong scientific background enhances each recipe with explanations on food combination and health benefits for each recipe. Best of all, each treat only consists of three ingredients. The Power of Three marries easy to make with sure-winners for gum teasers. Endorsed by Dr. Campbell, leading nutritional scientist and best-selling author of "The China Study" - the longest ever conducted study on nutrition and disease prevention.

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Joan Ortega:

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