

Cooking for and with my Children

February 2019



Synopsis:

Children love to participate in meal preparation. Added to the pleasure of a moment together comes the opportunity to teach them about food with new textures and tastes and to favour also their concentration and their creativity.

42 simple recipes are available. They are varied and delicious, and some of them are especially for celebrations, so children can be proud to tell to your guests they helped preparing!

Key points:

- Involving children in the preparation of their meal, so they know what they eat and will look forward to discover new ingredients.
- Tips to give children the envy to eat (association of an ingredient they like to another one they like less, finding nice presentations, etc.
- Playful activity to create bonds between parents and children.
- 42 sweet or salty recipes adapted to children (simplified steps) so that parents can do the recipes helped by their little chef!

The Author: **Audrey Doret** is a chocolate maker. She already published several cooking titles with Marie Claire Books: *Healthy Pastries*, *Desserts with Natural Sugars*, *The Very Best of Chocolate*, *Cakes with Three Ingredients Max*.

■ Specs:

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