

Photo by Amy Lynn Schreck, courtesy of Andrews McMeel Publishing, LLC.

Bug Bites from **BEAN APPÉTIT**

food fun!

Spend time with your kiddos in the kitchen this summer!

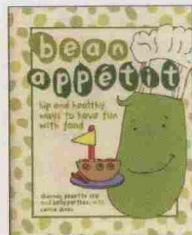
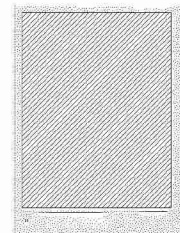
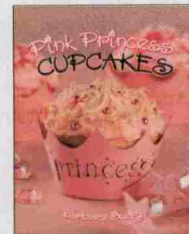
BY TRICIA DIETZ

recipes, crafts, games and conversation starters, this book encourages youngsters to really get involved in the making of their own foods. Whether they choose Bug Bites, Creamy Green Sauce, Pizza

Having a picky eater is something I have talked about many times over the years. While my son, now 7, has gotten slightly better at trying new foods, he is hardly what I would call a well rounded eater. He pretty much eats the same foods and will only buy lunch at school about 3 times a month...just about every other day it is PB&J, string cheese, an apple and a cookie. I know it could be worse, but after years of pulling my hair out at the dinner table, begging and bribing him, I have to be happy at where we have arrived. What really made the difference in his eating habits was not the bribery, but getting him his own set of cooking utensils and a few well chosen, kid friendly cookbooks. It may not make for the fastest dinner preparation in the world, but now my picky eater eats several vegetables and meats other than chicken!

Portraits or Tricky Taco Treats, you and your pint sized chef will feel like you have made good nutritional choices as well as tasty ones. The biggest hits in my house were the "Sweet Sipper" dessert drinks that we had great fun making as a family and the three-ingredient trail mix options that had something for everyone.

Also very popular in my household was **PINK PRINCESS CUPCAKES** (Gibbs Smith, \$14.99) by Barbara Beery. In her eighth cookbook of the Princess series, Beery sprinkles her usual magical and creative touches throughout this delightful little book. Even my sons found recipes they were "willing" to try amongst all the tiaras, flowers and bows that top the more than 25 variations of cupcakes. Ice Cream Sundaes, Cupcake Pops, Garden Princess Cupcakes, Pink Lemonade Cupcakes and more all are made from basic cupcake and frosting recipes found at the beginning of the book. Between Beery's recipes, decorating ideas and baking tips you are practically guaranteed no fail, perfect, fancy cupcakes to rival any grocery store or bakery in town. ☑



If you find yourself having the same struggles or just want to give your meals a little more kid flair, check out **BEAN APPÉTIT: HIP AND HEALTHY WAYS TO HAVE FUN WITH FOOD** (Andrews McMeel Publishing, \$14.99) by Shannon Payette Seip and Kelly Parthen for some inspiration. Full of