



Bean Appetit: Hip and Healthy Ways to Happy Tummies

Shannon Payette Seip, Kelly Parthen

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Introducing a fresh and fun cookbook that gets kids excited about eating spinach! *Bean Appetit* is a hands-on book designed for both kids and parents, presenting yummy, good-for-you recipes in a never-before-seen, playful way. This darling cookbook is packed with recipes, food-themed games, crafts, and activities that will inspire families to embrace healthy habits. Based on favorites from the authors' cafe, Bean Sprouts, the nation's leading hip and healthy kids' cafe, recipes include Dough-Re-Mi, Elefunk Monkey snack mix, Bug Bites, and more.



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Playing with family within a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Bean Appetit: Hip and Healthy Ways to Happy Tummies, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its known as reading friends.

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