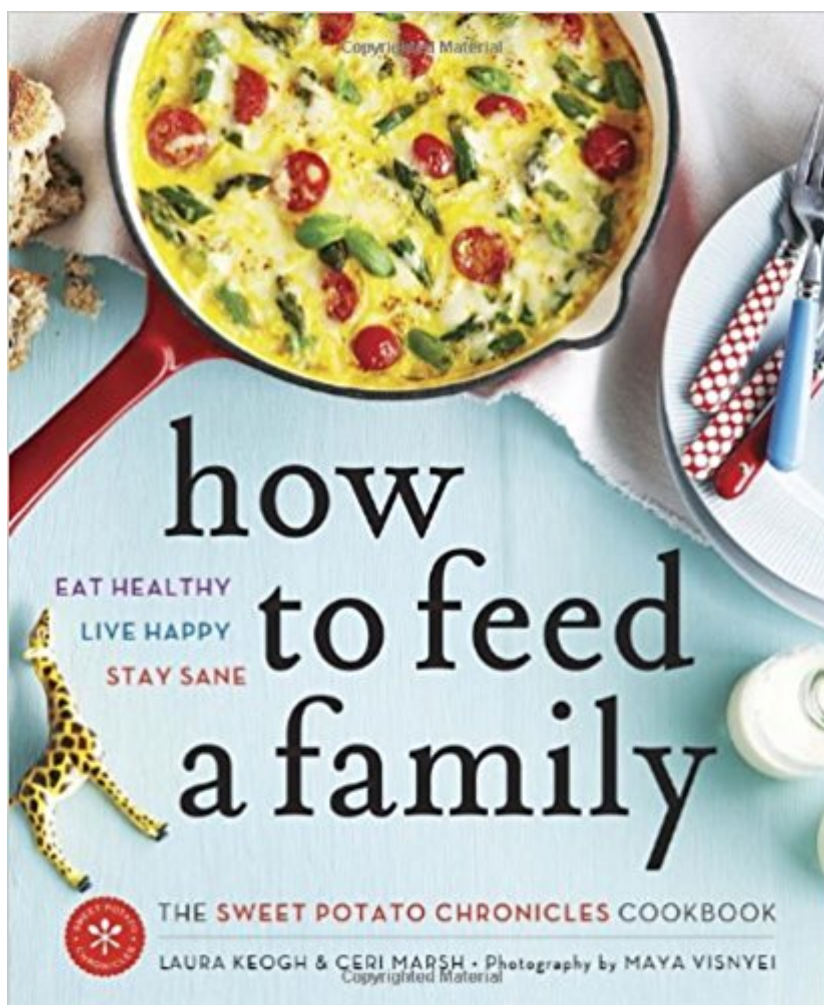


The book was found

How To Feed A Family: The Sweet Potato Chronicles Cookbook



Synopsis

****Breakfast**Brunch**The Lunch Box**Snack Attack**Dinners**Desserts****What could be more important to parents than a healthy, well-fed family? As two urban, working moms, Ceri Marsh and Laura Keogh learned quickly how challenging healthy meal-times can be. So they joined forces to create the Sweet Potato Chronicles, a website written for, and by, non-judgemental moms, packed full of nutritious recipes for families. In the *How to Feed a Family* cookbook, Laura and Ceri have selected their very favorite recipes, to create a collection of more than 100 for all ages to enjoy. These are recipes that are tailored specifically to families: they are simple, fast, easy-to-follow, and use ingredients that are readily-available at your local grocery store. Ceri and Laura unveil their tried, tested and true tricks for turning nutritious, sophisticated dishes into kid-friendly masterpieces, that will guarantee you success at meal-time, time and time again. Interspersed with the recipes are parenting tips and advice to encourage happy meal-times for the whole family: get ready to turn your picky eaters into enthusiastic kitchen helpers!

Book Information

Paperback: 256 pages

Publisher: Appetite by Random House (September 3, 2013)

Language: English

ISBN-10: 0449015734

ISBN-13: 978-0449015735

Product Dimensions: 8.3 x 0.8 x 10 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #1,022,460 in Books (See Top 100 in Books) #91 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes](#) #1041 in [Books > Parenting & Relationships > Reference](#) #2493 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

Customer Reviews

I was really looking forward to the cookbook, but it wasn't a great one to be honest with you. Pretty disappointed in the dinner and lunch recipes (breakfast was decent, pancakes, fritatas, but nothing new).The dinners for the most part were not very kid friendly (fancy salads & rack of lamb etc). There were a few okay ones (lemon pasta, egg cups), but for the most part not what we were looking for. A few "recipes" for grilled cheese - changed by adding apples or grapes.Many of the baking recipes call for spelt flour, as opposed to WW or AP.The Popsicle recipes were okay, but I

didn't want a \$20 cookbook for 5 Popsicle recipes. I sadly returned this one to . If you are looking for a must-have, go-to wholesome family cookbook I can't say enough good things about the Weelicious ones written by Catherine McCord (also found on)

I have so many recipe books gathering dust that I was reluctant to buy another one, but this one is different. It isn't about creating "Pinterest worthy" meals. It isn't about carbs or calories. It is about feeding your family food that you know all the ingredients, that is delicious, and that three kids will eat. I can't say enough good things!!!

Inspiring is the main word that comes to mind when I look through this fantastic cookbook. The photos are just stunning and filled with colorful fruits and vegetables and natural light. Each recipe starts with an engaging story which gives an interesting context and I also really liked the different takes on classic dishes like the Sweet Potato Hash Browns and Veggie Sloppy Joes. All of the food is based in healthy ingredients, which I was very happy to see! I first tried the Cocoa Date Bars, which turned out to be an incredibly delicious treat and will definitely be a go-to snack in my family from now on. Another family favorite of ours from is the Deconstructed French Onion Soup, which uses bread cubes instead of slices of french bread and turns out perfect every time we make it. Excellent cookbook!

Starting with the Toad in a hole, the recipes are Alice in a wonderland. So are French toast sticks. If kids are to eat, then the food has to look cool too. Like the Applewich. Sandwich sushi makes up for a good Bento box. I have had the pinwheels made from bread slices before. But I haven't registered tortilla pinwheels until I read the line in the book even though I have seen the jumbo roll ups in Costco. Peanut butter pancakes makes me wonder how different would it be than adding peanut butter on the side. Some recipes make you think up your flavour. Tortilla scramble reminded me of Kothu paratha. There's a huge emphasis on healthy food. You will eat, breathe sleep Kale with Kale Breadcrumbs, Kale pesto, Kale spinach and rice cakes. I have three Salmon recipes stashed - salmon dinner salad, Salmon cakes, Salmon parcels. More on those in the coming weeks. When I read of Broccomole in a book, I thought why didn't I think of it. So if you like thought experiments on food, then there are some nice ideas in terms of presentation of food, so that it is attractive to children and at the same time nutritious.

Love this. I try my best to eat a clean diet. How to Feed a Family incorporates all the ingredients I

use on a daily basis. The reviewer that said they are hard to find and pricey isn't shopping at the right stores. I find it all at Stop and Shop!!! Look in the natural food aisle. Love that Laura and Ceri integrate veggies and other healthy options into some of my favorite comfort foods. Who doesn't love Mac and Cheese...and add in sweet potatoes? Who would have thought...Yummy!

I came across this cookbook at my local library. I looked at the cover. The title also had me curious. So naturally, I checked it out and by the time I returned it to the library 2 weeks after, I did so with my own copy already being used. I really REALLY enjoy the recipes. Nothing is overly complicated, the pictures are beautiful, and so far everything that I have made (quite a few!!) tasted great! My faves are the Apple Ginger smoothie, and the Apple Curry Chicken. Highly recommend it!!

This is the BEST cookbook for easy meals that are both healthy and look like you spent a lot of time and effort on them. I do not cook or really enjoy it but have become quite the chef lately thanks to this easy to follow cook book. My husband and 3 year old are very pleased!

I was given this as a gift to add to my cookbook collection and to use in my work with teaching young mothers to manage menus and food budgets. This is a pretty cookbook, and the recipes are fine, but there is nothing new or innovative here. A bit labor intensive for moms and dads who are rushing out the door in the morning or coming home after a long day, and the ingredients are both on the pricey and not entirely accessible side.

[Download to continue reading...](#)

How to Feed a Family: The Sweet Potato Chronicles Cookbook 25 Potato Salad Recipes - Irresistible Sweet Potato Recipes for Every Occasion: A Cookbook full of Mouthwatering Potato Recipes Feed Zone Portables: A Cookbook of On-the-Go Food for Athletes (The Feed Zone Series) Potato Cookbook: Tantalize Your Taste Buds with Delicious Potato Treats Haute Potato: From Pommes Risssoles to Timbale with Roquefort, 75 Gourmet Potato Recipes The Sweet Potato Lover's Cookbook: More than 100 ways to enjoy one of the world's healthiest foods The Sweet Potato Queens' Big-Ass Cookbook (and Financial Planner) City Tavern Baking and Dessert Cookbook: 200 Years of Authentic American Recipes From Martha Washington's Chocolate Mousse Cake to Thomas Jefferson's Sweet Potato Biscuits The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and hundreds more! Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini

Ribbons To Carrot Rice And Beet Noodles The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp and hundreds more! Sweet Potato Power: Smart Carbs; Paleo and Personalized Sweet Potato Pie Biscuits, Spoonbread, and Sweet Potato Pie Sweet Potato Love: 60 Recipes for Every Season Mad Hungry Family: 120 Essential Recipes to Feed the Whole Crew Rice Cooker Meals: Fast Home Cooking for Busy People: How to feed a family of four quickly and easily for under \$10 (with leftovers!) and have less ... up so you'll be out of the kitchen quicker! Come Home to Supper: Over 200 Casseroles, Skillets, and Sides (Desserts, Too!) to Feed Your Family with Love George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways to Feed Family and Friends 30-Minute One-Pot Meals: Feed Your Family Incredible Food in Less Time and With Less Cleanup

[Dmca](#)