



## **4 Ingredients Kids - Kim McCosker & Rachael Bermingham**

**Published by Simon & Schuster, RRP \$24.99**

All the family will have fun testing the recipes in this book. The joy is that only four ingredients are required for each recipe. Plus the instructions are brief and easy to follow.

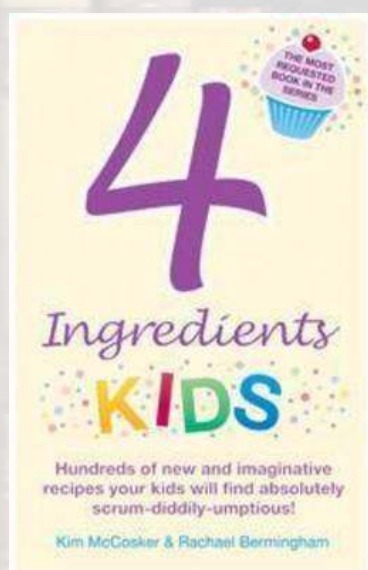
Scrumptious food made simple is a bonus for cooks of all ages. The introduction includes a shopping list so the pantry can be stocked with the basics. There's nothing fancy needed, just tasty ingredients to make appetising meals.

A glossary of cooking terms explains unfamiliar words and processes. Kitchen safety, hygiene and healthy habits are included. There's handy hints, quotes, jokes and riddles dotted throughout to keep young cooks interested.

The authors are both mothers - with six small boys between them - so the recipes have been tested by their own food experts. They offer an abundance of tips to tempt the taste buds of fussy eaters. Creative names invite kids to try volcanic eggs, zebra sandwiches, Popeye's pie, ants on logs, Cinderella's pumpkin soup, oodles of noodles omelette, and over 200 superb dishes.

Delicious and fun food is an irresistible combination that will hook the kids into cooking and have them lining up for seconds.

**Reviewed by children's book author, Jean Bennett.**



**Authors' Website**  
:www.4ingredients.com.au

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