

# BOOKRAPT™

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## ***Kids' meals & snacks* by Emma Donnelly**

**Publisher: New Holland Publishers**

**RRP \$24.99**

This valuable cookbook has over 80 recipes that were chosen by children, for children. Also, the recipes were tested by children and the majority decided which recipes to include in the book.

There's a wide range of food choices grouped in sections: snacks, main meals, special food, sweet treats, and smoothies. The ingredients are healthy, tasty, well-balanced, and appealing. The recipes offer a varied selection of foods for even the pickiest eater. A bonus is when young people choose their own meals they are more likely to eat and enjoy what they cook for themselves.

Easy-to-prepare suggestions include delicious pizza toppings, wraps, rolls, salads, appetising sandwiches and pastries. The emphasis is on savoury flavours using a variety of ingredients such as pasta, rice, eggs, meats, fish, and lots of vegetables. Many of the recipes can be used for lunch boxes, after-school snacks, or main meals.

The sweet treats focus on fruit fillings, muffins, and baked slices. A selection of smoothies is an inspired addition for ensuring a good amount of milk and fruit are included in the diet.

This is a classy, hardback publication with tempting, close-up colour photographs of each recipe. Scrumptious!

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

