



The Supernatural Kids Cookbook - Haile's Favorites

Nancy Mehagian, Haile Thomas

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Culinary sorceress Nancy Mehagian teams with TedKids sensation Haile Thomas to create a special collection of kid friendly "supernatural" recipes. Exciting and innovative, this cookbook introduces mindful eating to junior chefs with healthy, tasty and easy to prepare foods. Kids will learn about food groups, basic prep, kitchen equipment and how to create healthy snacks and meals the whole family will enjoy, including: baked bananas, curried sweet carrots, baked apples, vegetable pudding and Mexiquinoa Salad. Nancy Mehagian teaches gourmet cooking classes and has been a health care practitioner in Los Angeles for over thirty-five years. She opened the first vegetarian restaurant in Ibiza and is the author of the award-winning culinary memoir "Siren's Feast, An Edible Odyssey." Haile Thomas is the host of "Kids Can Cook" and has collaborated with chef Alice Waters to create healthy menus for children at Hyatt Hotels. She sits on the Youth Advisory Board for the Alliance for a Healthier Generation, was a Food Network "Kids Cook Off" contestant and was a featured speaker at the 2013 Sages and Scientists Symposium. She introduced First Lady Michelle Obama at the Kids State Dinner at the White House, has cooked alongside Chelsea Clinton on the Rachael Ray Show and has appeared on the Today show to promote healthy eating for kids of all ages.

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Nancy Hunt:

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