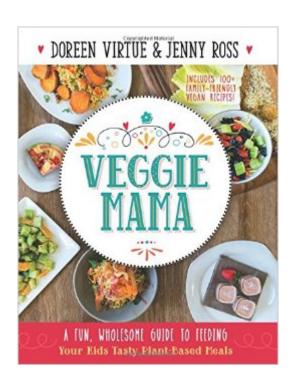
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# Veggie Mama: A Fun, Wholesome Guide To Feeding Your Kids Tasty Plant-Based Meals





### Synopsis

Veggie Mama is a manual for elevating your familyâ ™s diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipesâ "including many raw options, using whole grains, legumes, nuts, fruits, and vegetables, along with superfoods such as hemp seeds and quinoaâ "for growing kids of all ages. Veggie Mamas Doreen Virtue and chef Jenny Ross discuss food allergies and present a CSG-free programâ "meaning free of corn, soy (with the exception of fermented miso paste), and gluten . . . inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, youâ ™II have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100-percent plant-ingredient recipes you will be pleasing your childrenâ ™s palates and doing their bodies good . . . setting them up for a lifetime of wellness!

#### **Book Information**

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