



## How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! (Revised Edition)

By *Ellie Bedford*

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### **How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! (Revised Edition)** By Ellie Bedford

How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! is a magical themed healthy children's recipe book that targets the most difficult dietary areas: treats, snacks, and drinks. Eaten alongside a balanced whole foods diet, these 22 recipes can add an extra boost of energy and get kids excited about healthy eating! How to Eat a Rainbow teaches children how to fill their plates with fruits and vegetables in all the colors of the rainbow, and the importance of eating a variety of colors every day. Each recipe is a world children can dive into while they unpack the ingredients and make their own work of art. These fairies are hard at work (though some are a bit lazy) and are part of the team, chopping down towering stalks of celery, plucking grapes, and enchanting the seeds!

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### **Editorial Review**

#### Review

Enchanting, beautiful and helpful. Ellie and Sabrina have done families everywhere a great service with this wonderful book. Well done and highly recommended. ---Jamison Combs, Creator of Nakd Bars, Founder of Natural Balance Foods

Getting kids to eat their veggies just became a whole lot easier! With simple and appealing recipes enhanced by delightful artwork, How To Eat A Rainbow makes healthy eating fun. ---Virginia Messina, MPH, RD, Author of Vegan for Life

We need more books like this in the world! What a great way to educate the younger generation about making healthy choices and avoiding damaging processed foods. ---Kristina Carrillo-Bucaram, Founder and Chief Co-operator of Rawfully Organic

#### About the Author

Ellie Bedford is a home educating mum of two little girls, an award winning food blogger, and a Raw and Wholefood Consultant in Oxfordshire, England. Ellie has written recipes and articles both online and for magazine publications and speaks at health festivals and events around the UK. Sabrina Bedford, Ellie's sister-in-law, is an artist, writer and illustrator currently living in California. She hosts arts and crafts workshops around the world with children and adults, promoting health and wellbeing through creative expression.

### **Users Review**

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##### **Arlie Carrillo:**

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**Albert Shepherd:**

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