



# The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals

*Missy Chase Lapine*

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Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work. With their patience wearing thin, parents will "give in" for the sake of family peace, and reach for "kiddie" favorites—often nutritionally inferior choices such as fried fish sticks, mac n' cheese, Pop-sicles, and cookies. Missy Chase Lapine, former publisher of *Eating Well* magazine, faced the same challenges with her two young daughters, and she sought a solution. Now in *The Sneaky Chef*, Lapine presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals. With the addition of a few simple make-ahead purees or clever replacements, (some may surprise you!) parents can pack more fiber, vitamins, and antioxidants in their kids' foods.

Examples of "Sneaky" recipes include: No Harm Chicken Parm Power Pizza Incognito Burritos Guerilla Grilled Cheese Brainy Brownies Health-by-Chocolate Cookies Quick fixes for Jell-O(R)



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