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Recipes Healthy Kids

Chicken Tikka Masala Slow cooker 09/07/18 Canteen recipes, Everyday, Healthy Eating, Help for Parents, Hot meals, Lunchbox, Recipes. Green (ACT/SA) Everyday (NSW) Makes 12 serves Ingredients: 1 kg chicken breast, diced 2 medium carrots, chopped 2 large onions, diced 1 large red capsicum, diced 2 tablespoons minced garlic Continue reading

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Recipes for 6 servings The recipes in the cookbook feature foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar and sodium.

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