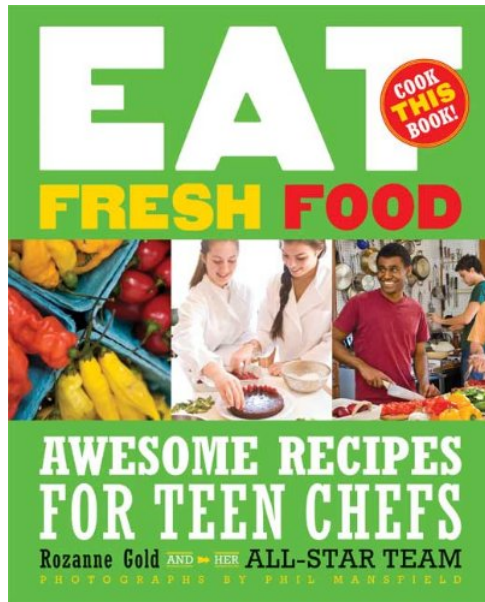


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Finally! Here is a visually stunning cookbook for teens who are interested in cooking food that goes beyond the boring old "kids" recipes, but is the kind of foods TEENS want to eat. With many recipes showing the step-by-step process of how the food is made, these recipes take old favorites for all times of day and year--from breakfast muffins, to mac-and-cheese lunches, to fish taco dinners, to chocolate desserts--and updates them with healthy, delicious new ingredients that are better for you (and much yummier) than fast food! Rozanne Gold's All-Star Team (who tested each recipe and who are pictured in the book) includes boys and girls ages 9-19, siblings and friends. The kids display an amazing energy for the food --whether it's buying fresh ingredients in a farmers' market, or cooking it in exciting new ways. With the emphasis on fresh ingredients, Rozanne Gold and her cooks keep their food healthful, gorgeous and fun to make.

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