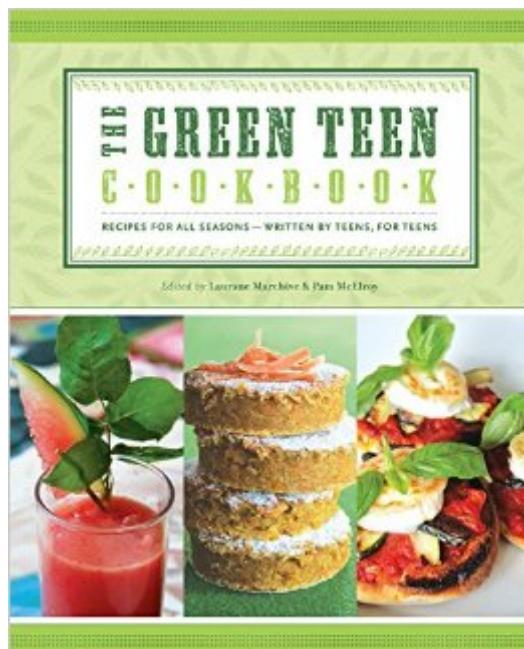


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# The Green Teen Cookbook



## **Synopsis**

Going green is hard to do especially when it comes to food. There are acronyms to learn, labels to decipher, seasons to accommodate, and grocery stores to navigate and that's before you even turn on the stove! The Green Teen Cookbook cuts through the chaos and shows teens how to shop smarter, cook more consciously, and eat a healthier diet. And in addition to the 70+ incredible recipes (created by teens, for teens), the book also includes: illuminating essays about freeganism, flexitarians, vegetarianism, and more. Tips about how to shop on a budget and get the most out of what you already have in your pantry. A seasonal key that ensures the freshness of the recipes (and a minimal carbon footprint). Photos for each of the 70+ recipes.

## **Book Information**

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Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (8 customer reviews)

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## **Customer Reviews**

Growing up in a single parent household there were a few things you had to learn how to do and cooking was one of those things. Let me stop there... No I didn't cook any gourmet meals - the closest I came to gourmet was to making grilled cheese sandwiches using one slice of bread. Is it a sandwich if I only used one slice of bread? I digress... The Green Teen Cookbook is a cookbook for teens & written by teens. The recipes are very easy to follow. The book is broken down in seven chapters: The Introduction: Give teens a few tips on being safe in the kitchen. It covers the using knives correctly, avoiding cross contamination, and overall safety. Chapter 1: A Rough Guide - This chapter gives teens tips on how to eat healthier. The section I enjoyed was How To Eat Seasonally. I'm not a garden person so I gained a wealth of information. Chapter 2 - 7 - covers DIY Kitchen Staples, Breakfast, Soups & Salads, Snacks, Main Courses, and Desserts. Since I have been juicing

and trying to improve my eating habits - I decided to try one of the recipes. I choice Barry Hallinger's Vegetable Smoothie (page 43).The Verdict: My Vegetable Smoothie passed my teenager taste test. (My son hates vegetables - but he enjoyed this drink.)This is the perfect book to get your teens to disconnect from Social Media and start bonding in the kitchen with family.

This a great book filled with simple recipies by teens for teens. These range from breakfast foods to soups, salads, and sandwiches, to snakcs and sides to main courses to desserts. Best of all, this is a cookbook dedicated to being green and healthy. This doesn't necessarily mean becoming a vegetarian (there are meat recipies in here!). It means being eco-friendly and eating ethically. It means becoming aware of the impact of our diets and choice of food on the world. If you're interested in learning more about this, there is a section in the front of the book that you may peruse. Otherwise, this is a fantastic cookbook for anyone but especially young adults. As a college student, this is the kind of cookbook I want. It provides simple easy recipes. The ingredient lists are short and easy to fulfill, and more importantly, they tell me exactly how long I should expect to be cooking and how many servings I can expect to make. My first priority is my studies; I don't have time to try and figure out where to buy my ingredients and how long I'm going to spend cooking. Thankfully, these recipes don't take more than an hour to make for the most part. The procedures are also simple and easy to follow. I love how "quick tips" are provided on how to really bring out the flavor in the recipes or change up the recipe. Sometimes, I may like a recipe, but I don't want to keep eating the same thing. These quick tips provide easy guidelines to follow when I want more variety in my diet while keeping true to what I love. I haven't had a chance to try out one of the recipies yet, but there are a few I have my eye on (like the energy barÃ¢Â"it looks like it'll make a good snack or breakfast-on-the-go). I look forward to making a home in my kitchen for this fantastic cookbook!

The Green Teen Cookbook is filled with simple eco-minded recipes created by teens for teens to use. However, there truly is no age limit to those who want to create delicious quick meals, snacks and desserts. Anyone can learn from these recipes!The 'Rough Guide' to eating healthy and seasonally was a great intro for my kids to learn about how important it is to eat the right food for vitamins and growth. There is also an intro on the difference of Vegetarianism and Flexitarian, which also helped my children understand better how people choose to eat and stay healthy. Recipes that you can find in this book: anything from how to make your own mayonnaise, peanut butter or chocolate spread, to energy bars and hash browns, to seasonal snacks, lunches and dinners, and

of course, delectable healthy desserts. Each recipe has been created by different teens from around the world - a picture and quote from them is featured with their recipe. Ingredients are common and directions are easy to follow. One of the best parts of the book is the Kitchen Safety guide that my husband and I read and then re-read to our kids. As parents, we sometimes rush through things without thinking thoroughly and have realized that it is truly important to remember to use different cutting boards for different foods in order to avoid cross contamination. And to thoroughly clean, sterilize and store everything in its right place. Overall, this book is definitely drool-worthy! The close-up pictures of every recipe are intoxicating. The recipes are easy to follow. And the book is definitely easy to follow, for all ages. I look forward to cooking more recipes with my kids.\*A paperback copy was sent by the publisher for an honest review. All thoughts are my own.

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