

《After School Food课后零食》

图书基本信息

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内容概要

The perfect guide for every parent or carer who wants advice and ideas on creating healthy and varied meals for their child After-school Food contains 40 beautifully photographed recipes for tasty quick-and-easy snacks and meals for school-age children that the whole family will enjoy With After-school food you can be confident your children get the nutrients they need to be alert at school and at play.

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书籍目录

Introduction Super Snacks Meat Poultry & Fish Feats Vegetable Delights Sweet Enlings Index

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精彩短评

1、我要去国外留学了,但是做西餐一直是我不拿手的,可是这本书可是太棒了,很容易,图片也很不错,我很喜欢!质量很好啊!

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