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Winter Punches to Nut Crunches (Yummy Tummy Recipes: Seasons)

Marilyn Lapenta

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The mouthwatering recipes in Winter Punches to Nut Crunches will make kids want to come out of hibernation! With lots of healthy winter fruits and vegetables in supply, making recipes like Peppermint Hot Chocolate, St. Patricks Green Smoothie, and Nut-and-Honey Bars will be fun and easy for even the youngest of cooks. Each recipe includes a nutrition tip and a fact box, as well as a list of tools and ingredients and easy, step-by-step instructions. Kids will learn about nutrition and healthy eating, sequencing and following directions, math and measuring skills, and kitchen safety. These recipes will get tummies growling!

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