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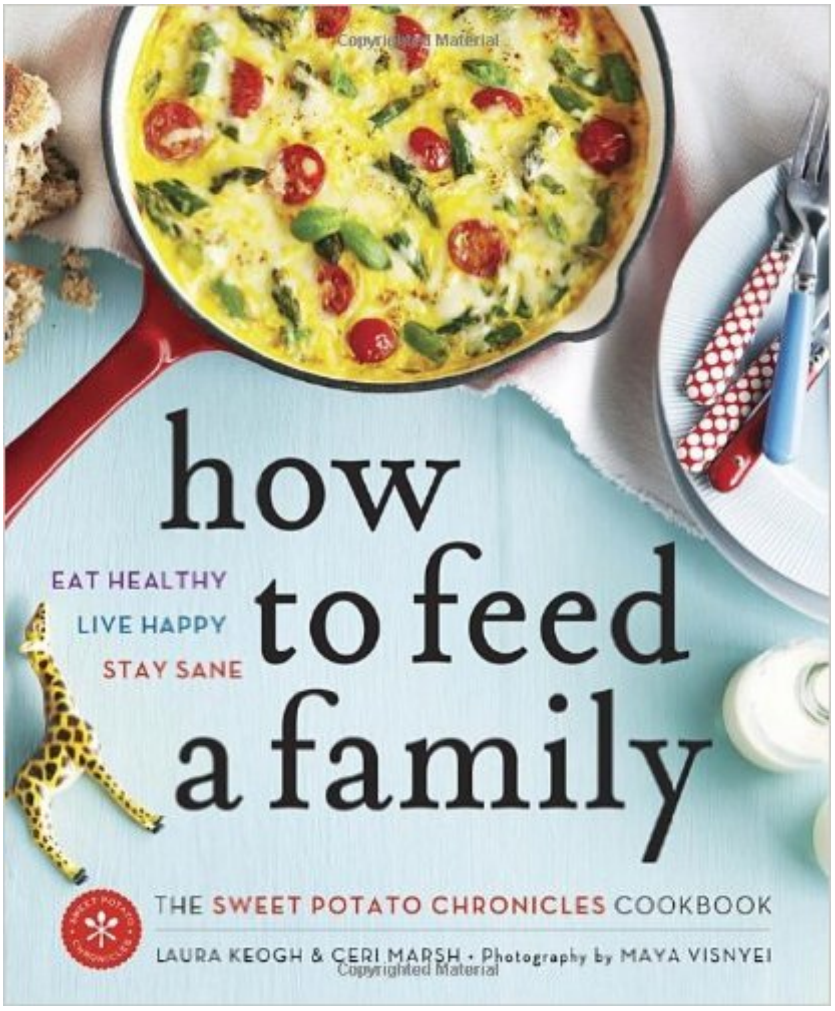
How To Feed A Family: The Sweet Potato Chronicles Cookbook



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Synopsis

BreakfastBrunch**The Lunch Box**Snack Attack**Dinners**Desserts**What could be more important to parents than a healthy, well-fed family? As two urban, working moms, Ceri Marsh and Laura Keogh learned quickly how challenging healthy meal-times can be. So they joined forces to create the Sweet Potato Chronicles, a website written for, and by, non-judgemental moms, packed full of nutritious recipes forÂ families. In theÂ How to Feed a FamilyÂ cookbook, Laura and Ceri have selected their very favorite recipes, to create a collection of more than 100 for all ages to enjoy. These are recipes that are tailored specifically to families: they are simple, fast, easy-to-follow, and use ingredients that are readily-available at your local grocery store. Ceri and Laura unveil their tried, tested and true tricks for turning nutritious, sophisticated dishes into kid-friendly masterpieces, that will guarantee you success at meal-time, time and time again. Interspersed with the recipes are parenting tips and advice to encourage happy meal-times for the whole family: get ready to turn your picky eaters into enthusiastic kitchen helpers!

Book Information

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Customer Reviews

I was really looking forward to the cookbook, but it wasn't a great one to be honest with you. Pretty disappointed in the dinner and lunch recipes (breakfast was decent, pancakes, fritatas, but nothing new).The dinners for the most part were not very kid friendly (fancy salads & rack of lamb etc). There were a few okay ones (lemon pasta, egg cups), but for the most part not what we were looking for. A few "recipes" for grilled cheese - changed by adding apples or grapes.Many of the baking recipes call for spelt flour, as opposed to WW or AP.The Popsicle recipes were okay, but I

didn’t want a $20 cookbook for 5 Popsicle recipes.I sadly returned this one to . If you are looking for a must-have, go-to wholesome family cookbook I can’t say enough good things about the Weelicious ones written by Catherine McCord (also found on)

I have so many recipe books gathering dust that I was reluctant to buy another one, but this one is different. It isn’t about creating "Pinterest worthy" meals. It isn’t about carbs or calories. It is about feeding your family food that you know all the ingredients, that is delicious, and that three kids will eat. I can’t say enough good things!!!

Inspiring is the main word that comes to mind when I look through this fantastic cookbook. The photos are just stunning and filled with colorful fruits and vegetables and natural light. Each recipe starts with an engaging story which gives an interesting context and I also really liked the different takes on classic dishes like the Sweet Potato Hash Browns and Veggie Sloppy Joes.All of the food is based in healthy ingredients, which I was very happy to see! I first tried the Cocoa Date Bars, which turned out to be an incredibly delicious treat and will definitely be a go-to snack in my family from now on. Another family favorite of ours from is the Deconstructed French Onion Soup, which uses bread cubes instead of slices of french bread and turns out perfect every time we make it. Excellent cookbook!

Starting with the Toad in a hole, the recipes are Alice in a wonderland. So are French toast sticks. If kids are to eat, then the food has to look cool too. Like the Applewich. Sandwich sushi makes up for a good Bento box. I have had the pinwheels made from bread slices before. But I havent registered tortilla pinwheels until I read the line in the book even though I have seen the jumbo roll ups in Costco.Peanut butter pancakes makes me wonder how different would it be than adding peanut butter on the side. Some recipes make you think up your flavour.Tortilla scramble reminded me of Kothu paratha.There’s a huge emphasis on healthy food. You will eat, breathe sleep Kale with Kale Breadcrumbs, Kale pesto, Kale spinach and rice cakes.I have three Salmon recipes stashed - salmon dinner salad, Salmon cakes, Salmon parcels. More on those in the coming weeks.When I read of Broccomole in a book, I thought why didnt I think of it. So if you like thought experiments on food, then there are some nice ideas in terms of presentation of food, so that it is attractive to children and at the same time nutritious.

Love this. I try my best to eat a clean diet. How to Feed a Family incorporates all the ingredients I

use on a daily basis. The reviewer that said they are hard to find and pricey isn't shopping at the right stores. I find it all at Stop and Shop!!! Look in the natural food aisle. Love that Laura and Ceri integrate veggies and other healthy options into some of my favorite comfort foods. Who doesn't love Mac and Cheese...and add in sweet potatoes? Who would have thought...Yummmy!

I came across this cookbook at my local library. I looked at the cover. The title also had me curious. So naturally, I checked it out and by the time I returned it to the library 2 weeks after, I did so with my own copy already being used. I really REALLY enjoy the recipes. Nothing is overly complicated, the pictures are beautiful, and so far everything that I have made (quite a few!!) tasted great! My faves are the Apple Ginger smoothie, and the Apple Curry Chicken. Highly recommend it!!

This is the BEST cookbook for easy meals that are both heathy and look like you spent a lot of time and effort on them. I do not cook or really enjoy it but have become quite the chef lately thanks to this easy to follow cook book. My husband and 3 year old are very pleased!

I was given this as a gift to add to my cookbook collection and to use in my work with teaching young mothers to manage menus and food budgets. This is a pretty cookbook, and the recipes are fine, but there is nothing new or innovative here. A bit labor intensive for moms and dads who are rushing out the door in the morning or coming home after a long day, and the ingredients are both on the pricey and not entirely accessible side.

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