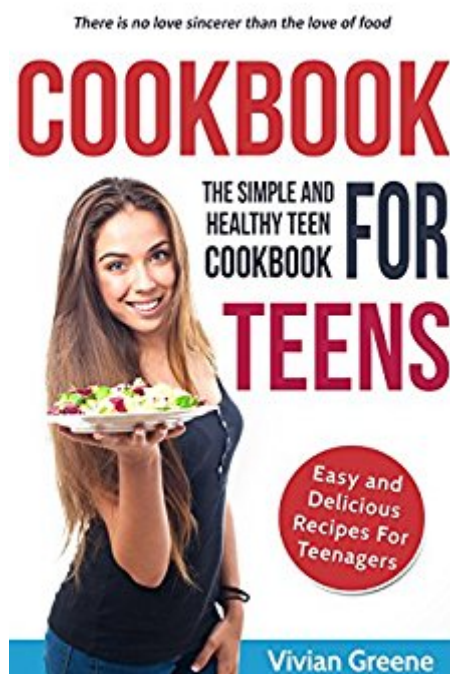


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# Cookbook For Teens: Teen Cookbook - The Simple And Healthy Teen Cookbook - Easy And Delicious Recipes For Teenagers



## Synopsis

Teens Can Cook Craveable Meals and Tangy Treats!Read More and Discover the Easy Way to Inspire Teen Chefs!Cookbook for Teens helps young people create their favorite meals from scratch â “ without the chemicals found in processed foods. As they go, theyâ™ll learn their way around the kitchen, get familiar with cooking implements, and gain a new pride in their culinary accomplishments!Cook Delicious Meals and Impress Your Friends and Family â “ Get Your Copy of Cookbook for Teens TODAY!This fascinating guide contains a comprehensive list of cooking terms, equipment, and techniques â “ as well as a wealth of amazing recipes. From invigorating breakfasts and quick snacks to filling lunches and hearty dinners, this book provides everything a teen needs to get started in the kitchen.Youâ™ll even discover a wealth of sweet and healthy desserts!Imagine Your Teen Creating These Delightful Dishes:Tangy and Crunchy Breakfast QuesadillasWarm and Filling Overnight Crockpot OatmealClassy Quinoa and Salmon BrunchesLight and Classic Yogurt ParfaitsQuick and Satisfying Egg Sandwiches to GoHearty Black Bean and Feta SaladsVietnamese Chicken SandwichesEverybodyâ™s Favorite Bacon Mac & CheesePersonal Mini Pineapple Pizzas for Parties and Funand so much more!Your teen will love to show off their skills at parties and family gatherings â “ and amaze their friends with their tangy and delicious creations. From drinks like Cool Mint and Pineapple Ices to Fruit Dips and Classic Chex Mixes, your teen will enjoy entertaining friends â “ and bringing something special to the table!With the confidence they gain from this popular hobby, your teens will learn to excel at many other life skills. Picture your teen beaming as they present impressive desserts like Cherries and Ricotta, Sweet Coconut Macaroons, Cinnamon Cranberry Baked Pears, and Sweet Broiled Nectarines to their loved ones. Think of what fun they could have with their friends over Banana Chocolate Chip Cookies and Strawberry Banana Milkshake Pops!The possibilities are endless!Donâ™t wait another minute to get your teen started with this popular and exciting hobby. Take some time right away to order Cookbook for Teens and let the fun begin!Itâ™s Fast and Easy â “ Just Scroll Up and Select the BUY NOW WITH ONE CLICK Option on the Right Side of Your Screen!

## Book Information

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## Customer Reviews

OK, first I got really curious about the title itself why it says cookbook for teens so I decided to get my copy and scan the recipes if what is the difference from an ordinary cookbook that I refer daily. But I noticed that the recipes are very easy for teens to prepare especially the ones who has a bit of experience in the kitchen. I bought this Cookbook For Teens: Teen Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For Teenagers because I have a 16-year-old daughter who wanted to learn easy cooking. When I gave this to her she was really happy and so proud that she made her very first easy tasty berry omelet for breakfast. She's looking forward to cooking more.

This book contains a pinch of basic cooking terminology followed by 70 recipes for making breakfasts, lunches, dinners, desserts, and snacks. Most of the recipes are simple, though some require prepared ingredients such as cooked chicken or salmon filet. Some of the more complicated recipes may challenge the typical teenager, especially the time-consuming ones with multiple ingredients. Most are healthy, though a several use cheese, chips, nachos, or other ingredients that push the "not healthy" label to the limit. The author presents the recipes as alternatives to store-bought stuff (frozen pizza, microwave waffles, premade wings, etc.) with unhealthy sugars, preservatives, salts, and the like that may cause bloating, excess skin oil, acne, dehydration, or possibly weaken the immune system. The book consists of a brief introduction followed by six chapters: 1. Cooking Terminology (e.g., al dente, baste, blanch, steep, whisk), 2. Seventeen

Breakfast Recipes (e.g., breakfast quesadilla, pizza for breakfast, oatmeal breakfast bars, smoothie bowl), 3. Fifteen Lunch Recipes (e.g., black bean salad, Vietnamese chicken sandwich , cheesy veggie rollups), Four Snacks (grilled cheese bites, spicy popcorn, cool mint and pineapple ice, 5. Twenty Dinner Recipes (e.g., sloppy joes, zucchini flatbread with mixed veggies, chicken meatballs, black bean chili, teriyaki salmon), 6. Ten sweet but healthy desserts (e.g., milkshake pops, coconut macaroons, peanut butter ice cream, baked pears).The book's title seems to be targeted at teens or their parents, but it would probably be useful to any cooking novice or lazy person who wants to change his or her eating habits from takeout, fast food, restaurant or home microwave junk to make more healthy and less expensive meals at home using natural (mostly) ingredients. My family certainly could have benefited from this book back in the day before we learned how to cook healthy food the hard way. Highly recommended.

This ebook will help you discover your talent in cooking. It will develop your skills and inspire you to expand your knowledge in cooking. This ebook contains a detailed information about the basic cooking terminology. The author gave us some useful and effective advise on how to become a true expert in the kitchen. Don't be afraid if you think you don't have any talent when it come to cooking because as Vivian Greene said on the book "The key to your success is to keep on trying and exploring new recipes and master them until perfectly done". A wide selections of healthy and delicious recipes are included in this eBook for you to try. The instructions are clear and easy to follow. I'd have to say that this is very useful and beneficial because preparing your own food is far more healthier than getting it somewhere.

I love this book! The beginning of the book has some great information on cooking terms and tools. There were many easy recipes, but most of them seemed to have a lot of ingredients, which might be overwhelming for a beginner or teenager. What I loved about the book is the great job it did teaching versatility in cooking--that you can interchange ingredients to suit your tastes and can substitute items with what you have on hand. Overall, I'd recommend this book for any teenager who has an interest in learning to cook. Highly recommended!

The recipes provided are very easy to prepare and are great for quick meals. Overall, the cookbook for teens is a very worthwhile tool not just for teens but for anyone that may wish to learn the essentials of cooking. If you have a teen at home who is interested in cooking, or one that's getting ready for college, this is the first book I'd recommend they read. This wonderful book

is all about how Teens can cook for themselves. The author has fully explained in the 6 chapter the step by step ways of preparing 50 delicious recipes . Perfect book!

This was a gift for our granddaughter for Christmas and a general item ("cook book") on her wish list. She immediately started looking through it and reading recipes. I give it five stars based on her desire for it and enthusiasm when received.

The recipes are unique, easy to follow, and delicious. The recipes are also inspiring. My teenagers love the cooking process and the final products. Each and every one of the recipes we have cooked together from this book is smashing successes. I would recommend this cookbook to anyone with a teenager that loves the kitchen. Although it is meant for the teenager, the recipes aren't just omelets and sandwiches.

well, I am not a teenager. I bought this book for my nephew. He is 14 years old. You know, too much sweet snacks like bars and candies are detrimental for everyone. Obviously, he needs more protein as he is growing intensively. So it was my try to show him the alternative. Now egg muffin can be a substitute for his snickers-bar. It is a good start!

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