



# Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes

*Dreena Burton*

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## **Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes** Dreena Burton

Get your whole family excited about eating healthy!

Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including:

Pumpkin Pie Smoothie

Vanilla Bean Chocolate Chip Cookies

Cinnamon French Toast

No-Bake Granola Bars

Creamy Fettuccine

Sneaky Chickpea Burgers

Apple Pie Chia Pudding

*Plus* salad dressings, sauces, and sprinkles that will dress up any dish!

With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising “weegans” or families looking to transition to a vegan diet.

Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

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