

# Drumroll, *peas!*

Introducing inventive ideas to get kids excited about healthy eating!

In *Bean Appétit*, bitty bakers and their families will find oodles of yummy, good-for-you recipes, such as *Dough-Re-Mi*, *Bug Bites*, and *Fla-Mango Soup*. Here, kids are encouraged to play with their food, as well as enjoy food-themed games and activities that inspire lifelong healthy habits.

Based on favorites from *Bean Sprouts*—the authors' hip and healthy kids' café and cooking school—

*Bean Appétit* encourages young chefs to explore new foods and flavors!

