

New York  
Times  
Bestseller



# the SNEAKY chef

SIMPLE STRATEGIES  
FOR HIDING HEALTHY FOODS  
IN KIDS' FAVORITE MEALS



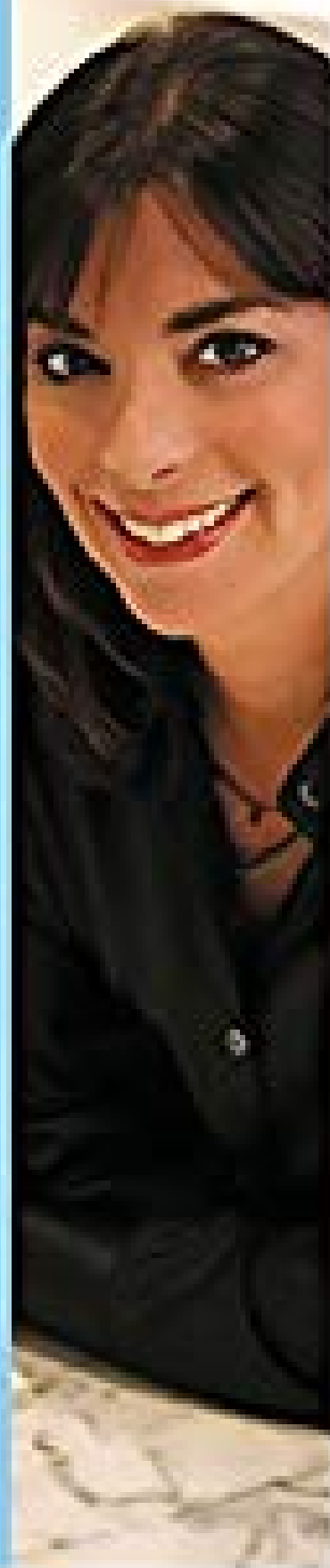
Cauliflower  
masked in  
mac & cheese!

Blueberries  
hidden in  
cupcakes!

Spaghetti &  
meatballs  
with 8 hidden  
vegetables!

**MISSY CHASE LAPINE**

Introduction by Anastassis Karambouris, M.D.



Missy Chase Lapine

## The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals



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Parents will do just about anything to get their kids to consume healthier, but unfortunately, they'll often give in to "kiddie" favorites—often nutritionally inferior choices such as fried fish sticks, mac and cheese, Pop-sicles, and cookies. Missy Chase Lapine, previous publisher of Eating Well magazine, confronted the same challenges with her two youthful daughters, and she sought a solution. Right now in *The Sneaky Chef*, Lapine presents over 75 quality recipes that ingeniously disguise the most crucial superfoods inside kids' favorite foods.) By adding a few basic make-ahead purees or smart replacements, (some may surprise you!) Sneaky's discovered that begging, pleading, threatening, and bribing don't work. recipes include: No Harm Chicken Parm Power Pizza Incognito Burritos Guerilla Grilled Cheese Brainy Brownies Health-by-Chocolate Cookies Quick fixes for Jell-O(R)



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Decent recipes, but challenging layout + needs better editing = difficult to use EDIT - returned and dropped this from 3 stars to 2. The recipes are ok; If they are only healthy because well balanced meals have been secretly added to dishes, they'll not reach for healthy foods when they're by themselves. There's an excessive amount of flipping backwards and forwards between dishes, and there's hardly any info as to the vitamins and minerals listed with the quality recipes. And frankly, I think all the editing and printing errors (not really the authors fault) just frustrate me. Wait for the next edition, if there is one..He'll be far better off than the generations of individuals before him that simply avoided those foods totally almost all their lives..... Second pic: It's helpful knowing which recipes they are used in, but again - a page number would really help. Third pic: obviously an editing/formatting mistake, of which there are various in the publication.without flinching (foods he won't normally touch)! However the book itself could be a concern to use..you name it.. Plenty of flipping around and cross referencing to make it work..! I've had this reserve for a while now and I've attempted using it twice. Only reason he's doing it because I got this book and place it to the check.The theory rocks !. Putting it into motion can be expensive rather than very practical, to be honest with you. I've tried reading it on the kindle app for phone, Personal computer, and amazon cloud reader and all talk about this problem of missing measurements.. I've found better results by simply using affordable recipes that taste great.Also, when you have blood sugar issues like me. my just issue is the cost I am having to spend to obtain the proper ingredients to actually begin to start out my child eating like this. Therefore for me, that one is a no go. This is a great book to start but I would suggest getting all of them. I should have researched it a little bit better.My kidz didn't like the Macaroni and cheese or several other dishes. It's great that the author did the experimenting for you so you don't have to guess what purees work well with each meals. I've just had the opportunity to make one of the recipes (brownies) up to now, but I look forward to making even more. The brownies had been a little heavy and fudge-like, that i enjoy, but if you are searching for fluffy cake-like brownies you may need to experiment. I used her suggestion to replace both white and whole wheat flours with whole wheat pastry flour in my batch. Great book! Missing Ingredient Measurement Details, But Great Content 3 Star Review for poor editing only, otherwise I rate between 4 and 5 (haven't finished the reserve yet)Poor Editing: Several pages and recipes in the kindle for mobile phone, PC, and cloud reader are missing the fractional measurement amount for ingredients. My picky toddler eats peas, broccoli, spinach, carrots. I cook \*a lot\* so I'm functioning through it. First pic: Where's the web page number? Didn't work out . See pics for examples - lacking page references, lack of info about what equipment to use, etc.I've uploaded three pics as examples - just a few of the many problems within the book.So once again, the recipes are pretty good and we'll use them. This is a publication about pureeing vegetables and adding them to foods you take in without anyone knowing.Great Content: This content is very well presented, organized, and very readable, and informative. I mostly utilize the dinner quality recipes in this and her additional books and I still present vegetables whole along with each dish that but now I'm not worried when he throws them on the floor. When he's ready to accept them whole I will still use this book because even the adults in my own house know we usually want secs of the main dish in order that means extra veggies! If I had cooked by this cookbook all that time, they'd be consuming macaroni and cheese and wanting to know why it tasted different..I am happy to have this simply because a source and my teenage son is completely aware these veggies and fruit are in his foods every day now. As he learns to cook, you bet he's learning that on the foods he actually can't "deal with" in the form they typically can be found in, that it's ok for him to use the Sneaky Chef Method of cooking. But the reserve itself is certainly hard to

make use of. My mother was a open public health nurse and school nurse for years. Make it a life skill, because actually it is. It didn't really help me feed my kidz any longer veggies as they could still taste whatever it was that they weren't thinking about. You will be creative and alter the recipes if you must to meet your family's needs. Teach your children to prepare using the technique. My son consuming vegetation that she under no circumstances also tried to put on our table when I was growing up. Informative and easy LOVE this book!. Good for kids Great cook book Does a disservice to kids and healthy foods I consider this such a dud of a cookbook. I JUST started placing the purple puree (pureed blueberries and spinach!!) The recipes do not include exotic ingredients that you have to google the facts and then trek for some specialty grocery to find it. The writer includes tips and tricks on how to make the recipes (for instance: when adding a sticky ingredient like honey or maple syrup, first add the oil then use the same measuring cup to add the sticky ingredient that way the sticky ingredient will slide right off..) She also contains why the "sneaky" substances are so healthy and good for our bodies, so you swell with satisfaction about how much of an awesome mom you are when your kid devours meals that's secretly nutritious. My husband and I may also eat the sneaky meals quality recipes and get some added nutrition without the extra bulk. Overall it's an excellent book and I recommend it! Healthful recipes are hit and miss. While some are really good. If you're wanting healthy dishes, this isn't the book for you personally. See photo - I can't get this to recipe unless I consult the paperback version of the book, that i don't own (however), because I cannot tell just how much of 4 separate ingredients are required to make it. I have an extremely picky toddler and was starting to panic that he was not getting sufficient nourishment. I purchased it when it came out, after hearing the right stuff about it. I simply am not a lover of sneaking a small amount of something healthful into foods. To begin with, I want my kids to grow up experiencing whole, healthy foods within their natural states. Healthy foods can end up being great without having to puree them and sneak them into dinner. There's little in right here you couldn't find out yourself by poking around recipe internet sites. the publication is tough to use. My oldest children are independently now and choose genuine, healthy, entire foods for themselves -- fruits, vegetables, homemade dishes with whole foods. No one should complain concerning this approach If someone, kid or adult, are designed for eating veggies in their typical format, they have no need to buy the Sneaky Chef books. The majority of the recipes are just generic recipes with wheat .There is nothing wrong with using this method as an option for individuals who for good reasons (sensory integration issues for example) or just whimpy reasons ( they cannot face the spinach.. Most of the recipes are simply generic dishes with wheat germ or a veggie slurry thrown in. Also, I'd like my kids to grow up thinking they like well balanced meals and not that they only like junky stuff. The book has some great ideas. The book has some great ideas.-- Original review --We've only been using it a couple of days now, and the quality recipes are good. So for me personally and my family, it just didn't work out very well. blending all those veggies really can make your blood glucose spike.) in his pancakes, and he gobbles it up!. Looking forward to trying more recipes smh! But for someone who doesn't cook much and is trying to get their kids thinking about better food, this may be a battle to work with. So far, so good. We haven't made many dishes yet however the few I've were fantastic. I'm having to collect points one paycheck at a time.



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