



Busy Mom's Lowfat Cookbook: Healthful Family Dishes the Kids Will Love in 30 Minutes (or Less!)

Elise M. Griffith

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Moms today are constantly busy. With all of the cleaning, carpools, soccer practice, doctor's appointments, school conferences, and probably a job outside the home, where is there time to cook? All moms want to feed their children healthy, balanced meals—yet at the end of a long day, fast food can seem like a more appealing alternative.

For moms who need a quick and healthy meal even the kids will love, Prima introduces *Busy Mom's Lowfat Cookbook*. Author Elise Griffith is the a mother of two picky eaters. In this book, she shares her secrets for creating healthful meals for the entire family in under 30 minutes. The over 200 recipes cover everything from breakfasts, snacks, and bag lunches, to main dishes, crockery dishes, and holiday meals. She has even created recipes that make vegetables delicious and dessert more nutritious. Some of her creations include:

- Grizzly Bear Pancakes
- Lunch-Box Chicken Quesadillas
- Mini Snack Kabobs
- Quick Cabbage Patch Salad
- Easy Chinese Drumsticks
- Best Fudgy Brownies (less than 1g of fat!)

Each recipe contains a complete nutritional breakdown, preparation time, cooking time, and high altitude cooking hints. In each chapter, Griffith also offers tips and tricks for cutting the fat from old family favorites.

The key to making good, fast meals is careful planning. At the start of this book, Griffith includes tips for stocking a healthy pantry, keeping nutritious snacks handy, and choosing cookware for convenience.

About the Author

Elise Griffith is a freelance writer who specializes in food and nutrition. This busy mom of two picky eaters has been cooking and developing recipes for more than 20 years.

Busy Mom's Lowfat Cookbook has been awarded the Family Channel Seal of Quality Award—a new standard for excellence in the entertainment industry! An independent panel of family entertainment writers identifies worthy products for their positive, wholesome nature and their rich, enduring entertainment value. To see other Family Channel Seal of Quality items, visit /The Family Channel.

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