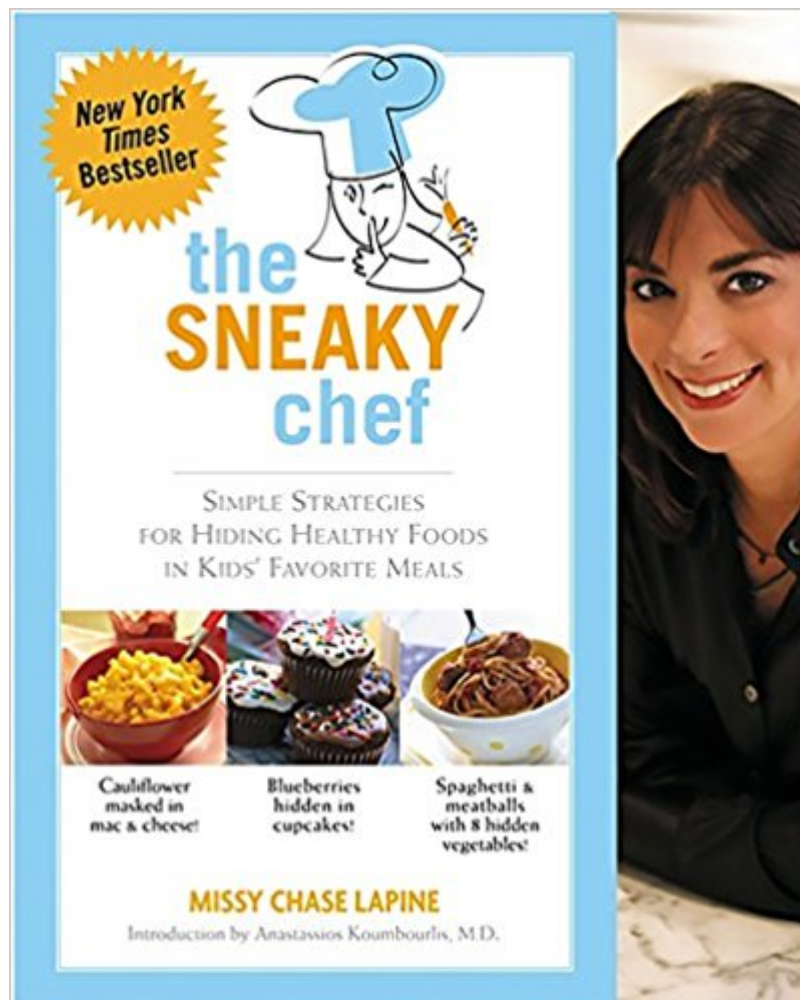




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# The Sneaky Chef: Simple Strategies For Hiding Healthy Foods In Kids' Favorite Meals



## Synopsis

Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work. With their patience wearing thin, parents will give in for the sake of family peace, and reach for kiddie favorites—often nutritionally inferior choices such as fried fish sticks, mac & cheese, Pop-sicles, and cookies. Missy Chase Lapine, former publisher of *Eating Well* magazine, faced the same challenges with her two young daughters, and she sought a solution. Now in *The Sneaky Chef*, Lapine presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals. With the addition of a few simple make-ahead purees or clever replacements, (some may surprise you!) parents can pack more fiber, vitamins, and antioxidants in their kids' foods. Examples of Sneaky 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)

## Book Information

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## Customer Reviews

Natalie Morales, Today Show Host "Moms and dads if you're at your wit's end trying to get your kids to eat healthy... well, fret no more! Finally, it's *The Sneaky Chef to the Rescue*." As the mother of a very picky eater, the only way to get my son Josh to eat his veggies is to sneak it, and Missy's recipes are not only creative and delicious, they are a lifesaver for this often over-worried mom." Tyler Florence, Chef and Author "As both a father and a chef, I can tell you that it's sometimes easier said than done to get kids to eat right. But I've got to say, the *Sneaky Chef* series makes

keeping your kids eating habits on the right track not just infinitely more manageable, but fun at the same time."Patricia Hametz, MD, MPH / Director, Center for Best Practices in Childhood Obesity Prevention / Morgan Stanley Children's Hospital of NewYork-Presbyterian"By creating delicious foods made with healthful ingredients that your kids will actually eat, Missy Chase Lapine succeeds in allowing family meal times to be fun and stress-free. She is helping us all to instill good eating habits that will set the stage for a lifetime of healthy eating for the whole family."

Missy Chase Lapine is the creator of the Sneaky Chef series of books, including New York Times bestseller, *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals*. The Sneaky Chef and Sneaky Fitness books have inspired not only families around the country, but have established a whole new healthy eating and lifestyle brand category. Missy is a member of Parenting Magazine's team of experts, the "Mom Squad," a panel of high-profile experts. She has been a cooking instructor at New York's finest culinary schools, and serves on the New York-Presbyterian/Morgan Stanley Children's Hospital Advisory Council and the Health Sciences Advisory Council of New York-Presbyterian/Columbia. Missy has an ongoing commitment to the Food Bank for Westchester and is also a Curator for the members-only shopping site, OpenSky.com. Missy actively engages the public through her state-of-the-art consumer friendly website, [www.TheSneakyChef.com](http://www.TheSneakyChef.com). Missy is the former publisher of Eating Well magazine and is the founder of BabySpa, a natural baby product line. She lives in Westchester County, New York, with her husband and two daughters.

If someone, child or adult, can handle eating veggies in their typical format, then they have no need to buy any of the Sneaky Chef books. There is nothing wrong with using this method as an option for those who for good reasons (sensory integration issues for example) or just whimpy reasons ( they just can't face the spinach. I am glad to have this as a resource and my teenage son is fully aware these veggies and fruit are in his foods every day now. As he learns to cook, you bet he is learning that on the foods he really can't "handle" in the form they typically come in, that it's ok for him to use the Sneaky Chef Method of cooking. He'll be far better off than the generations of people before him that just avoided those foods completely all their lives. My mother was a public health nurse and school nurse for years. My son eating vegetation that she never even tried to put on our table when I was growing up. Only reason he's doing it because I got this book and put it to the test. You can be creative and alter the recipes if you must to meet your family's needs. Teach your kids to cook using

the method. Make it a life skill, because really it is.

This book is not well designed seeing its a cookbook. Spiral binding and better organization would greatly improve this product. You will be flipping back and forth, cross referencong. I tried one recipe and got frustrated, and haven't used this book since. I own Deceptively Delicious by Jessica Seinfeld, and it's a much better product for use in the kitchen and cooking.

This is a great book to start but I would recommend getting all of them. My picky toddler eats peas, broccoli, spinach, carrots...you name it...without flinching (foods he won't normally touch)! This is a book about pureeing vegetables and adding them to foods you eat without anyone knowing. It's great that the author has done the experimenting for you so you don't have to guess what purees work well with each food. I mostly use the dinner recipes in this and her other books and I still offer 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 house know we always want seconds of the main dish so that means extra veggies!

Full disclosure - I haven't cooked anything from this yet. This is because, as I went through it when it arrived, the amount of prep work that went into the purees was overwhelming. The recipes seem relatively easy, but they all call for the purees, which would have to be made en masse at the beginning of the week to use. I do like some of her tips for add-ins to regular items, which was more of what I was looking for.

Before I became a mother, I would judge those parents that allowed their children to tell them what they would and wouldn't eat, instead of eating was set before them. I grew up in a home where if you didn't eat it, then you starved. I am now the mother to a high-functioning ASD four year old. I cannot even describe how picky he is when it comes to food. I have poked, prodded, begged, bribed, and threatened him to eat what was placed before him. Every single time, he refused. I have made meal times fun, asked doctors and therapists and still, nothing works. He will choose to starve than eat if he is not given the foods that he likes. I absolutely love this cookbook and it has been such a building block when it comes to "hiding" foods so that I can make sure my son has as well of a balanced diet as I am able to give him. Sometimes, just trying to teach your children to love food does not work. This is a wonderful tool!

I love these ideas for sneaking veggies into meals for my kids. Last year it seemed like we were always sick, and I was worried it was due to lack of nutrition in our diets. This book has so many good ways to sneak veggies and fruits into foods kids will definitely eat. Yes, it takes some prep work, but most food worth eating does. I love these ideas, and will continue to use this book in the future.

The Sneaky Chef VS. Deceptively Delicious. First of all let me start by saying:!) I don't have young kids any more BUT2) I HATE veggies but I know I need to eat more of them, so any system that gets them into me and the grownups in my life: BRAVO! Yes, I'd recommend BOTH books and here's why. They each have their strong and weak suits. Pluses: DECEPTIVELY DELICIOUS hasA) pictures, which is helpful and funB) tips and comments by her taste-testersC) used one type of puree for each recipeD) is spiral bound so it will lay flat. The whole layout is really nice, just as a cookbook to read!E) doesn't beat you over the head with the whole nutrition thingTHE SNEAKY CHEF hasA) combination purees, which add a lot of variety and ease into the cooking partB0 really cute names for the dishes. Makes it easy to remember!C) isn't afraid to use butter and milk!D) goes seriously into the nutrition thing. Almost the first half of the book is a prelim and explanation of the whole concept.E) the recipes seem to taste a bit better! Minuses: DD. The recipes are a bit bland. If you're cooking for an adult palate, you need to add more spices. For example her "Chocolate Chip Cupcakes." substitute milk (even skim) for the water, add an extra T. vanilla and 1-2 teaspoons of cinnamon. One of the veggie purees her recipes call for aren't covered in the "how to prepare puree" part. SC: Very few pictures. It's not spiral bound but a trip to Office Max can take care of that for you. (Best tip I ever got regarding cookbooks by the way and found it here!) I wish both books went into greater detail about the pureeing part. They're pretty good but if you're not a veggie person to begin with, you might not know what is the proper consistency. I am looking forward to getting Missy's book for adult recipes and hope that Jessica rises to the challenge and does one as well.

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