

*By Cathe Olson The Vegetarian Mother S Cookbook Whole Foods*







### **By Cathe Olson The Vegetarian**

Our kids, their kids, their friends, and their friends kids have thrived on these recipes for over 40 years. Our easy kid friendly recipes serve up the necessary nutrients in foods that vegetarian kids love and will reliably eat.. Someday, a miracle will happen, and children will love asparagus. Meanwhile, let them eat pasta! But seriously, vegetables can be unpopular even with veg kids.

### **Kid Friendly Recipes, Easy Tasty Vegan|Vegetarian Recipes**

A page of many annotated links to books and sites for people wishing to avoid dairy products for health or other reasons. Examples are lactose maldigestion, milk allergy, milk protein intolerance, casein intolerance, and the vegan diet.

### **No Milk Page: Books & Links**

For tutoring please call 856.777.0840 I am a registered nurse who helps nursing students pass their NCLEX. I have been a nurse since 1997. I have worked in a...

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