



The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth

Ruby Roth

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Struggling to get your kids to eat their fruits and vegetables? Try letting them help themselves!

Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistible cookbook presents 60 appealing recipes kids will beg to make themselves, in fun and charming illustrations they will love. Bursting with color, humor, cute animal characters, and cool facts (Did you know your brain actually shrinks when you're dehydrated? Drink water, quick!), *Help Yourself* empowers children to take charge of their own nutrition — for now and for life!

Recipes include:

fun-to-munch hand-held snacks like Life Boats
bright fruit-flavored drinks like Tickled Pink
the always-popular things on toast like Leprechaun Tracks
salads they will actually eat like Tiger Stripes
cozy small meals like Tomato Tornado
and sweets like chocolatey Disappearing Dots, because everybody likes candy!

Excerpt from the Intro:

Since the day you were born, someone has been making you food and serving you meals (that's the life!). But wait a minute...what's that on the end of your arm? Why, it's a hand! And it turns out you need little more than your own two hands and a few ingredients to help yourself to healthy foods...and help the world, while you're at it! Because from the tip of your nose to the tip of an iceberg, the food we eat affects our bodies, our environment, and even strangers on the other side of the planet. It's amazing but true.

The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth Details

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From Reader Review The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth for online ebook

Susan B says

I don't know what kids will think of this book, but as an adult I found the format/appearance of the recipes off-putting. Yes, the pages are colourful and "cool," but a simpler, more straightforward writing would be much easier to read. As it stands, I couldn't be bothered even trying any of the recipes, and I'm not sure a child would make the effort either.

Melissa Spears says

Fabulous starter cookbook! It gives so much information about nutrition and makes it fun for kids! My kids enjoyed the colors and trying some of the recipes! Great book!

Julie says

Help Yourself, is a fantastic cookbook dedicated to those who are vegan or simply interested in introducing more plant-based options for their children. I appreciate how instead of diving right into recipes, this book gave an educated overview on reasons why it is a better option to eat plant-based, in turn making it better for our Earth. The recipes include cute and quirky names that kids will enjoy. I love that the book was separated into different sections: drinks, dips, small meals, deserts, etc. The illustrations were enjoyable, this is certainly a handy book to keep around in the kitchen or incorporate into a nutrition unit.

*I received an ARC via NetGalley & Andrews McMeel Publishing in exchange for an honest review.

Marathon County Public Library MCPL says

Are you a parent or family member looking for healthy, fun meals for your youngest family members? This fun, new cookbook is a great resource for anyone looking for healthy recipes that will tempt even the pickiest eaters. Not only are all recipes vegan, so they are allergy friendly and environmentally conscious, but the author did a great job of illustrating the cookbook to make it attention-grabbing and fun for kids to look through with you. I loved the author's passion for vegan food and creating an opportunity for kid's to learn about what's good for them and the world around them in a really fun, easy way. The author includes little additions throughout that explain the health benefits of the ingredients in a child-friendly way, and why eating the vegan version of a popular ingredient is better for both the body and the environment. Even I learned quite a bit! If I had kids or young family members, I'd definitely share this cookbook with them. The meals are easy, affordable, and good for everyone involved; It's a win-win!

Sarah M. / Marathon County Public Library
Find this book in our library catalog.

Ietrio says

When I have picked up this book, I wrongly assumed it is a book for kids to make things. Edible things. Well, never judge a book by its cover. It is a book for adults with too much time who want to spend "quality time". The drawings are ugly. The text is hard to read.

Debbie says

I read a professional review on this book, which sounded good so I got it from the library. I'd planned to look through it with one of my nephews when we were on vacation, see if he might like it, but we didn't have time. And when I read through it after getting home, I pretty much want to buy it for myself! There are some great, simple, tasty things to make relatively quickly. And the book design is a lot of fun.

Ida says

I am always looking for new books that I could get for my pre-schoolers to enjoy. In the beginning of the book author tells children why it is important to eat plant based and how eating plants can help save the world. Children will be also introduced to some of the ingredients, such as agave, spirulina, chia seeds, mochi and many others that even I haven't heard before.

I really liked that book also included Kitchen safety as reminder for both children and parents to stay safe and accidents free.

The Help Yourself Cookbook is full with different recipes divided in Drinks, Condiments, sauces & dips, Smaller meals, Bigger meals, Salads & dressings and Deserts.

Recipes are simple and easy to follow. Even the pickiest children will be able to find something they will enjoy.

All book is just beautiful, full with amazing cartoons and photographs.

Thanks Andrews McMeel Publishing for a chance to read ARC.

Angel says

This is an excellent book with a ton of fantastic information! Kids will not only enjoy making their own kid friendly meals, but they will learn something from nearly every single page in this book.

In the beginning the author lays down the basic information that explains the products used and simplifies what and where many/most of the ingrediants come from and are used for. The recipies are realistic and easy. At the end there is a 'shopping list' of the ingrediants used throughout the book. Illustrations are upbeat and funny. I can think of several kids immediately that will like this book and several parents looking for a book just like this one.

Reviewed through NetGalley for an honest review.

Aimee says

2.5/5 stars

I have mixed feelings about this cookbook... My co-worker handed it to me and said it was a vegetarian cookbook for kids. It's not. It's a *vegan* cookbook for kids. On the surface, that's great. I'm not a vegan (I'm vegetarian), but I sort of wish I was. From what I understand, it's probably the best diet for the environment. But have unfortunately failed to quit my unhealthy love affair with cheese. So my issue isn't with veganism, it's with the very-vocal minority of vegans that use pseudo-science and manipulation to get their message across. This book has a little bit of *that kind* of veganism, but it also has some great recipes.

What I did like:

- The large pictures are great. And I love that illustrations are mixed in. This book really is cute as heck.
- The recipes are mostly raw, but not all of them. Completely raw vegan diets are ridiculous, especially for children. But of course, if you eat mostly raw, it's easier for your kids to help you in the kitchen.
- I love that at the end of the book, the author provides a list of other things you can do to help animals and the environment. It's true, being vegan isn't enough!
- The shopping list is also a great resource.

What I didn't like:

- The font is stupid. I really really hate when children's books of any kind have wacky fonts. Pictures and colors are enough to appeal to kids. And you don't want your adult readers to go blind. The lack of bullet points or numbers also makes the recipes hard to read.
- Some of the ingredients are expensive and unnecessary. Algae? Spirulina? Goji berries? C'mon. Those things are not essential to a vegan diet. They might be healthy, but they're expensive. And they're no better for you than regular old nuts, fruits, veggies, and legumes. **The "superfood" crap that you hear about on the news is pure marketing.** Yes, dirty capitalism. Something you vegans are supposed to be against!
- At the beginning of the book, the author lists the #4 reason why a plant-based diet is best: plants contain more nutrients than animal products. Um... depends on the product. **The truth is, while veganism is definitely better for the environment and the best to reduce animal suffering, it's actually not the healthiest diet.** You can be very healthy and still eat animal products. You can still be very healthy on a vegan diet, BUT if you're vegan you need to consume a B12 supplement. The author fails to mention this.
- The author also talks about eating organic foods that don't contain "chemicals." For real, lady?? **EVERYTHING IS CHEMICALS!** There is one good reason to eat organic: to support local businesses. But guess what, **in order to feed everyone on the planet, it's impossible to grow all fruits and vegetables organically.** Again, aren't vegans supposed to care about all living things, including humans?

Bottom line: I have mad respect for anyone who is vegan and who advises (not forces) their child to be vegan. But I don't know why you all feel the need to make stuff up in order to convince everyone else. Veganism is great for the earth and great for the animals. So eat plants. You don't need to get fancy. Just eat plants. It's really that simple.

Angela says

I was excited to read this book because I am was hoping to inspire my kids to cook and try some new Whole Food Plant Based recipes, but I was disappointed. I gave it 3 stars because vegan cookbooks for kids are hard to find, but the content itself was more like 2 stars. The font and format of the book made the recipes really difficult to follow. Second, most recipes use weird ingredients: spirulina powder and goji berries? Too bad!

Dianna says

I was disappointed about this book, but perhaps my hopes were too high. Since adopting a whole foods, plant-based diet around three years go, my kitchen habits have been turned upside-down. All my reliable old cookbooks, techniques, and recipes were suddenly useless.

I have been specifically looking for a WFPB cookbook for kids for quite a long time, so I was excited to check this one out. It turns out that this one won't be useable for my family for several reasons:

1. Weird ingredients. Soba noodles, dinosaur kale, chapati, goji berries, seaweed, tempeh . . . my grocery store doesn't carry these things and if it did, I still think carrots, bread, and spinach are more affordable—and more accessible to kids.
2. The recipes aren't all that appealing to kids. Kids are suspicious of foods they haven't seen before (see above). And even if they're good veggie eaters, most of them don't get excited enough about them to want to pick out a recipe that is mainly veggies.
3. The font and format make the recipes harder to follow, especially for kids. Usefulness trumps cuteness. Line up those ingredients and use a normal font, please!

I am still waiting for a WFPB/vegan cookbook with recipes that kids will actually want to make and can make by themselves with ingredients found at a regular grocery store.

Kristina Aziz says

I was hoping this book would target a younger audience, so I would only wait maybe three years instead of ten to share this with my daughter.

The Power tower and party in a cup recipes are good, and exactly what I expected: healthy beginners recipes that use simple ingredients.

But the Drinks are complicated and I wish most of the ingredients used were easy to find and budget friendly. I can work with vegetables, spices, and nuts but my local grocery simply doesn't stock algae.

As far as format, the Illustrations are cute and adult alerts are convenient. It's bright and colorful and seems like it would target 5 and 6 year olds like I was hoping. But the Introduction to kitchen safety could be redone to be shorter or have bigger words. Or even be in black and white so it stands out and lends itself as an Important Page. If I'm not paying attention to it, why will my daughter?

This is also my First Ruby Roth book and wow, vegan propaganda everywhere. But the book itself is a good concept with fun recipes and could be five stars with a little tweaking.

I received this book from the publisher in exchange for an honest review.

erin says

This is the most adorable cookbook ever! I adore the presentation entirely, and it was eye-catching enough that my kid suggested we should buy the book. Now, realistically, just because it is adorbs does not equate with if it would actually get used.

I agree with other reviewers that the font could be challenging to read depending on the reader, and I have already tried to sway my kid to avocado chocolate pudding (he loves both things separately! Why not together??) -- I'm not holding my breath that cute moose on a page will cause a change of heart/taste buds. I also have my doubts about if he will go for chia... Anyway, maybe there is possibility for this artistic venture to inspire trying some new things.

There are statements/info about being vegan in here as well, and I always see such things as opportunities for discussion. They can be easily emphasized or ignored, or talked about if you want to get into more of the nuance of the topic. Focusing on the recipes and design, this is a fun one to give a try (yay, libraries!) My personal interest in easy, minimal ingredient recipes will probably have me trying some for these for myself, at the very least.

Ms. Yingling says

Copy provided by the publisher

This introductory vegan cookbook aims to involve children in the process of creating their own food, in hopes of getting them to be more interested in the food. There are lots of kid friendly items in this cookbook, from "cheesy sauce" to small sandwiches and snacks featuring fruits and vegetables as well as some exotic things to spread on the fruits or stir into drinks.

There's lots of information given on the different types of ingredients and why it is important to the planet to make smarter food choices. A lot of this information (as well as the information found on the websites listed) is fairly crucial to the recipes, because starting this book, I couldn't have told you what Bragg Liquid Aminos was, much less what shelf to find it on at the local health food store.

The fun page layouts will appeal to children, with the vibrant clip art and hand drawn font. This is not in a spiral binding, which will make the book last longer, but also makes it hard to consult when making a recipe. Helpful hint: lay a clear pie plate over the recipe so that the book stays open but you can still read the recipe.

Parents who are vegans themselves and want to continue the practice with their offspring will find this to be an amusing cookbook to use while trying to convince their children that almond milk and chia seeds

constitute pudding.

Peacegal says

Vibrantly and adorably illustrated, **HELP YOURSELF** is lots of fun to look at. Adults and kids alike will want to pull it off the shelf and flip through.

The recipe ideas include many simple-but-healthy snacks, as well as some more complicated recipes that will require help from a parent or teenage sibling. The recipes also rely on whole foods instead of calling for lots of processed and pre-prepared stuff.

It's true, **HELP YOURSELF** doesn't shy away from calling for some more exotic ethnic ingredients. At first, I thought this could be a bad thing, because it will lead people to think that eating vegan by necessity calls for unusual and hard-to-find foods--which isn't the case. But then, I considered that it's a whole other world out there and not everyone lives in the armpit of the US like I do--for plenty of people, traditional Asian, Indian, Mediterranean, etc. spices and veggies aren't so strange at all. And, trying new healthy foods from various cultures is a good thing that should be encouraged for children. So, if you have access to things like goji berries and mochi, sure, try them. If not, make the other recipes in the book using more familiar ingredients.

The author includes asides about the healthiness and environmental sustainability of plant-based foods, but she does so in an inclusive and non-threatening way. Those who don't eat plant-based all of the time won't feel as if they're being bashed over the head, but just may feel inspired to explore other veg*n recipes, as well.
