



# How to Feed a Family: The Sweet Potato Chronicles Cookbook

*Laura Keogh, Ceri Marsh*

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**\*\*Breakfast\*\*Brunch\*\*The Lunch Box\*\*Snack Attack\*\*Dinners\*\*Desserts\*\***

What could be more important to parents than a healthy, well-fed family? As two urban, working moms, Ceri Marsh and Laura Keogh learned quickly how challenging healthy meal-times can be. So they joined forces to create the Sweet Potato Chronicles, a website written for, and by, non-judgemental moms, packed full of nutritious recipes for families.

In the *How to Feed a Family* cookbook, Laura and Ceri have selected their very favorite recipes, to create a collection of more than 100 for all ages to enjoy. These are recipes that are tailored specifically to families: they are simple, fast, easy-to-follow, and use ingredients that are readily-available at your local grocery store. Ceri and Laura unveil their tried, tested and true tricks for turning nutritious, sophisticated dishes into kid-friendly masterpieces, that will guarantee you success at meal-time, time and time again.

Interspersed with the recipes are parenting tips and advice to encourage happy meal-times for the whole family: get ready to turn your picky eaters into enthusiastic kitchen helpers!

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