



The Sneaky Chef to the Rescue: 101 All-New Recipes and “Sneaky” Tricks for Creating Healthy Meals Kids Will Love

Missy Chase Lapine

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The *New York Times* bestselling author returns—this time responding directly to her readers’ most pressing concerns. Legions of fans have written to her, asking for more recipes that focus on their specific family challenges. She’s heard them loud and clear, and has crafted meals that are targeted to these special needs, including:

- Sneaky Chef Light: Delicious recipes for kids struggling with their weight: with lower calories, lower fat—and all the taste!
- Sneaky Chef for Food Allergies. For the millions of children who suffer from food allergies, here are recipes that are dairy-free, egg-free, and gluten-free.
- Sneaky Chef for More Variety—More make-ahead purees and crafty, kid-friendly recipes the whole family will love.
- Sneaky Chef Celebrates! Even special days can be healthy, as the Sneaky Chef unveils recipes for birthdays, Thanksgiving, Christmas, Chanukah, Valentine’s Day, Passover, Easter, and more!

Sneaky Chef to the Rescue shows that any family can “sneak” good food into their diets, making everybody (both kids and adults) both happier and healthier.

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