



## Book Review

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### **Deceptively Delicious – Simple Secrets to Get Your Kids Eating Good Food**

Jessica Seinfeld

HarperCollins, NY 2007

Do you find it is a constant fight each night at the dinner table to get your children to eat their fruits and vegetables? If so, this is a struggle that not only you are facing but many other parents as well.

Jessica Seinfeld, mother of three and wife of comedian Jerry Seinfeld, came up with an idea of “sneaking” fruits and vegetables into children’s favorite recipes. This allows children the food that they *want* with the nutrition that they *need*.

The author sneaks fruits and vegetables into kid-friendly recipes, such as chicken nuggets and chocolate chip cookies, by adding pureed fruits and vegetables. And Seinfeld prepares parents for the process of pureeing fruits and vegetables by providing a list of ingredients to stock in the pantry along with necessary cooking utensils. She suggests setting aside one hour per week to make the purees.

In the beginning of the cookbook, Seinfeld invites Joy Bauer, registered dietitian, to give some advice on nutrition. This gives parents a brief nutrition lesson so they know what, as well as how much, to feed their children. Nutrition is important for children to increase energy, prevent injury and

enhance healing, and improve academic performance.

The author separates the recipes according to breakfast, mealtime, and desserts. The fruit or vegetable “hidden” in each recipe follows the name of the recipe. The photos lead you to wonder how there are fruits or vegetables packed in each recipe.

Some of the combinations in the recipes may sound interesting such as brownies with carrots and spinach, grilled cheese sandwiches with sweet potatoes, or eggs with cauliflower, but the recipes in this book live up to the title, *Deceptively Delicious*. Children may find these recipes to be yummiier than the traditional ones and may surprise you when they ask for more. And the whole family can enjoy recipes such as meatloaf and chocolate cake.

Busy parents should be able to fit these recipes into their family meals. Most of the recipes are doable in 30 minutes or less. Not only do the recipes contain fruits and vegetables but also other healthy ingredients such as trans fat-free soft tub margarine, whole-wheat flour, and flaxseed meal.

Parents should still give children one visible fruit or vegetable at meals. This will help children become familiar with the variety of produce available. The visible fruit or vegetable may not always be the favorite but no worries, with the help of *Deceptively Delicious*, children will be getting the nutrition they need in each meal. You may find mealtimes a lot more enjoyable and peaceful, but “shh,” this is a little secret between you and the kitchen!

*\*Book review by Lauren Crouse, Dietetic Intern\**



## Healthy Kitchen

Lauren Crouse, dietetic intern, recommends these two recipes from featured the book, *Deceptively Delicious*. The muffins make a tasty breakfast item or snack. And kids will not be able to taste the avocado and carrot purees that you sneak in the Chocolate Fondue.

### Peanut Butter and Banana Muffins

Nonstick cooking spray	1 large egg white
1 cup firmly packed light or dark brown sugar	1 cup whole wheat flour
½ cup natural peanut butter	1 tsp baking powder
½ cup carrot or cauliflower puree*	1 tsp baking soda
½ cup banana puree	½ tsp salt

1. Preheat the oven to 350°F. Coat a 12-cup muffin tin with cooking spray or line with paper baking cups.
2. In a large mixing bowl, mix ½ cup of the brown sugar with the peanut butter, the vegetable and banana purees, and the egg white, using a wooden spoon.
3. Put the flour, baking powder, baking soda, and salt in a bowl or zipper-lock bag and stir or shake to mix. Add to the bowl with the peanut butter mixture and stir just to combine (the batter will be a little lumpy—do not over mix). Add the remaining ½ cup of brown sugar and stir once or twice.
4. Divide the batter among the muffin cups and bake until the muffins are lightly browned and a toothpick comes out clean when inserted into the center, 15 to 20 minutes. Turn the muffins out onto a rack to cool.
5. Store in an airtight container at room temperature for up to 2 days, or wrap individually and freeze for up to one month. Makes 12 muffins.

### Chocolate Fondue

1 Tbs trans-fat-free soft tub margarine spread	½ cup unsweetened cocoa powder
½ cup avocado puree	1 tsp pure vanilla extract
¼ cup carrot puree*	Sliced fruits, whole berries, or cherries, for dipping
1 cup confectioners' sugar	

1. Melt the margarine over low heat in a medium sauce pan. Add the avocado and carrot purees, confectioners' sugar, cocoa powder, and vanilla, and whisk well until smooth.
2. Serve warm, with fruit. Serves 4.

\*Note: you may need to add a few teaspoons of water to carrot and cauliflower purees in the blender or food processor for a smoother consistency.



## Heart Smart Cart

Reap the health benefits of all the spring and summer produce by adding more to your plate at mealtime. And teach kids to love their veggies too—look for ideas, including fun learning activities and recipes, at [www.LoveYourVeggies.com](http://www.LoveYourVeggies.com).

Another powerhouse of produce information can be found at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). It includes kid-friendly recipes like Bookworm Apple Bark and Crazy, Curly Broccoli Bake.