



## Teens Cook: How to Cook What You Want to Eat

*Megan Carle, Jill Carle, Judi Carle*

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**Teens Cook: How to Cook What You Want to Eat** Megan Carle, Jill Carle, Judi Carle

Cooking for teens, like finding the perfect gift for teen boys and girls, is almost impossible. Teenagers like what they like, and they will *only* eat what they like. But instead of causing mealtime strife, now they can learn to cook those foods themselves. With over 75 delicious recipes for meals at all times of the day—breakfast, snacks, sides, dinners, and dessert, too—TEENS COOK is a guide to everything teenagers (and tweens) need to learn about conquering the kitchen without accidentally setting the house on fire. Written by teens and for teens in easy-to-follow instructions, authors Megan and Jill Carle give young readers advice on how to maneuver their kitchen in a language they'll understand (and actually listen to). The Carle sisters pass on their knowledge of how to decipher culinary vocabulary, understand kitchen chemistry (why stuff goes right and wrong when cooking), adapt recipes to certain dietary restrictions (like vegetarianism), and avoid all sorts of possible kitchen disasters. TEENS COOK is not only a fantastic teen gift—it's the perfect cookbook to inspire young adults to take interest in their diets, and empower them to try a new and tasty hobby.



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