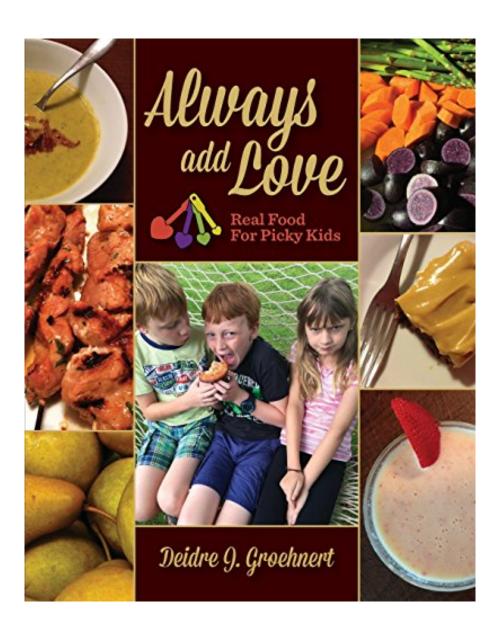


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"Always Add Love" was born of the need to document one family's recipes, to pass them on to future generations. There had been some hunting around for a favorite apple sauce cake recipe that grandma used to make, which was lost for years. To prevent the loss of any more family treasures, "Always Add Love" was born on the belief that good food keeps memories and loved ones alive in our hearts!

The project to document family recipes grew into a blog, www.alwaysaddlove.com, and now has become a cook book. While sharing the blog with other parents, it was discovered that we all have similar struggles with picky eaters. This cook book is designed to teach parents healthy and quick recipes that will get their picky kids to the table. These recipes are particularly straight forward, fast and delicious. It would make a wonderful holiday gift for under \$20, and is also well suited as a unique wedding/baby shower or house warming gift.

"Always Add Love" includes very simple to follow recipes, starting with quick protein and pasta dishes that can even be made on a hectic weekday, then covers creative vegetable and fruit dishes, followed by indulgent sweet homemade desserts. Included are articles on what to keep in your pantry, what tools are most important in the kitchen, and time saving conversions and substitutions.

Recipes include meat marinades, fruit smoothies (with adult versions), elegant meals such as risotto and a quick tomato sauce, plus a kid friendly version of chicken Marsala, as well as many tantalizing and quick vegetable side dishes like ginger broccoli, glazed carrots and string beans four ways.

For the sweet fans, fruit parfaits, fruit cups, and home baked desserts perfect for bake sales or family parties are included as well! The recipes are fool proof, and meant to convince picky eaters to come to the table smiling, and leave even happier!

Good food cooked with love is the glue that keeps our families together. Included are recipes passed down from the author's mom, aunts, in-laws, and even that missing recipe from Grandma. It is packed with mouthwatering photos, so you can see what you are going to make, and includes not just how to make the recipes; but, what pitfalls to avoid.

The recipes in the book are the meals the author feeds her own family regularly, while staying on a budget and maintaining a busy lifestyle. May this book motivate you to cook with and for your kids, making real food and special memories together. Feel free to use "Always Add Love" to capture your versions of these classics in the margins, bend the corners and spill all over the pages. Maybe even get inspired to document your own special traditional recipes for future generations to come!

- Sales Rank: #2902163 in Books
- Published on: 2015-10-07
- Original language: English

- Number of items: 1
- Dimensions: 10.00" h x .48" w x 7.99" l, 1.06 pounds
- Binding: Paperback
- 176 pages

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0 of 0 people found the following review helpful.

Perfect for what I need

By Christian A

I am a long time reader of Deidre's blog, alwaysaddlove.com, and bought an advance copy of her new book. To say that I was pleasantly surprised would technically not be correct as I'm familiar with her style. Still, this is not the typical cookbook. Over the years I've acquired more than the normal share of "cuisine" books and have never tried my hand at more than a recipe or two from any of them. Deidre's book is very personal, funny, and - most importantly - extremely user friendly. As a working mother of two (one less than the author has), both of them well into the fussy stage, I found it perfect for what I needed, and we've already experimented with three recipes: Chicken Marsala, Penne Vodka, and Perfect Scallops. On deck is the fruit cup for Thanksgiving dinner. Keep up the good work, Deidre!

2 of 3 people found the following review helpful.

Feeling Inspired

By Magnolia

Thank you for writing this book. Our family has been passing around little pieces of paper with our cherished family recipes for years and your book has inspired us to gather them up to ensure the are preserved and passed to our children, grandchildren and hopefully beyond.

0 of 0 people found the following review helpful.

A Must Have Cookbook

By Ciera Sherman

As a long time follower of Deidre's blog, I could not wait for her book to come out. Let me tell you, it did not disappoint! The book is a wonderful read. With beautiful pictures, funny stories, an easy to follow format, and very personal feel to it, this is a book that everyone should have. I would highly recommend!

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