



Munchie Madness

Dorothy R. Bates, Bobbie Hinman, Robert Oser

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Munchie Madness is designed not only to help teenagers prepare the foods they love to eat but to educate and support them in their decision to be a vegetarian. Over 120 quick and easy, mouthwatering recipes provide a delicious and nutritious outlet for the munchies in the form of smoothies, shakes, breakfast foods, salads, spreads & dips, soups, main dishes and desserts.

Registered dietitian Suzanne Havala provides information on the health benefits of a vegetarian diet and the special dietary needs of teenagers. Listed are a teen's viewpoint on why teens embrace vegetarianism and tips for handling social situations such as school lunches, eating out, dating, etc. The recipes are easy to use for both teens taking charge of their own meals and parents trying to provide meatless dishes that their kids will actually eat. Overall, this cookbook delivers everything you need to know to safely and effectively adopt a vegetarian lifestyle.

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