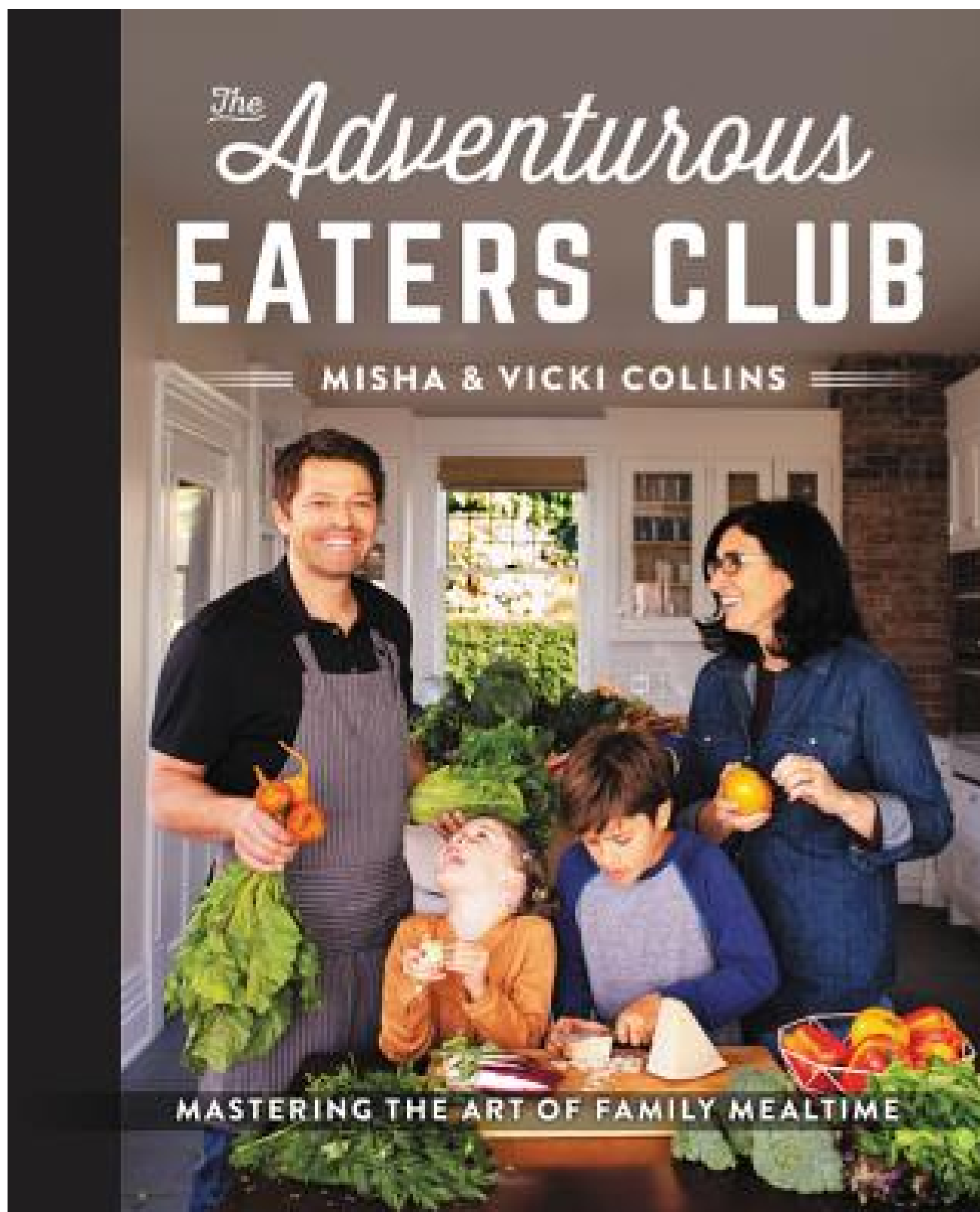
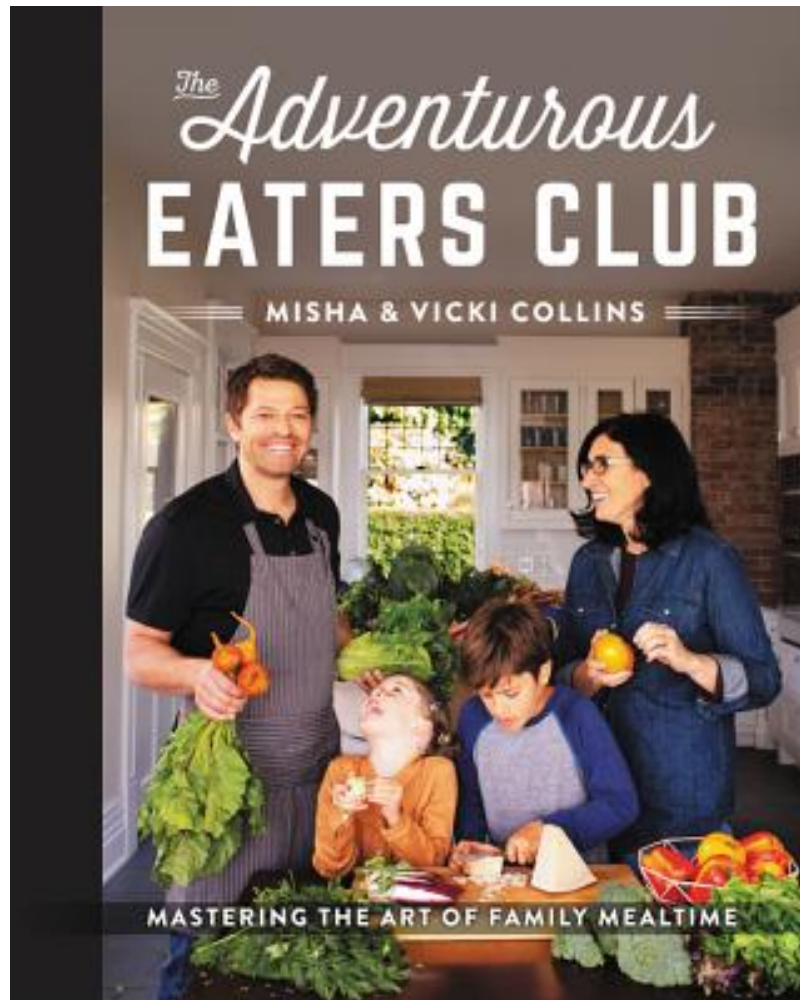


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**The Adventurous Eaters Club: Mastering the Art of Family Mealtime**  
by Misha Collins



## Synopsis:=====

TV star Misha Collins and his wife, journalist and historian Vicki Collins, show families how to be mealtime adventurers so that kids might have a lifelong relationship with real food. Chicken nuggets. Hot dogs. Macaroni and cheese. These are just some of the greatest hits we offer kids at mealtime. Misha and Vicki Collins totally get it. When their son West was a toddler, he began refusing anything that wasn't bland and beige. At first, they succumbed, anything to end the mealtime battles. But with sinking hearts they realized fruit snacks and buttered noodles weren't just void of nutrition, they were setting him up for a lifetime with a limited palate and a reliance on convenience foods. So, as a family, they decided to lean into what they love best—adventure—and invited their kids to be playful and exploratory in the kitchen. Now, in *The Adventurous Eaters Club*, Misha and Vicki share how they created a home where mealtime doesn't involve coercion or trickery, and where salad,

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