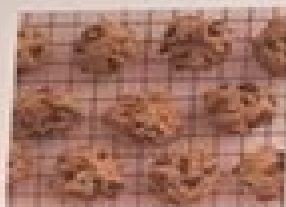


Jessica Seinfeld offers a program that gets kids to eat their vegetables—without them knowing!



© Amy Butler

As a mother of three, Jessica Seinfeld, like many busy parents, used to struggle to get her kids to eat right. In *Deceptively Delicious*, she shares her solutions: easy, mouthwatering recipes that even the most overwhelmed families can make—stealthily packed with unseen veggies, paired so kids will never suspect. *Deceptively Delicious* has all of Jessica's winning combinations, including cauliflower in meat and cheese and spinach in brownies. She also shares tips on making healthy snacks and improving store-bought foods, as well as advice on creating a positive environment around the kitchen table. *Deceptively Delicious* is a godsend for all parents who want healthy kids, peaceful family meals, and to never again have to say, "Eat your vegetables!"

Jessica Seinfeld is the founder and president of *Baby Buggy*, a nonprofit organization dedicated to providing clothing and equipment to New York's families in need. She is the wife of Jerry Seinfeld, with whom she has three children. This is her first book.

Nutritionist JYI BAUER provides her expertise throughout.

Foreword by DR. ROCANA MEMRAN and DR. HERMET OZ



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A portion of the author's royalties will be donated to Baby Buggy and will benefit programs for kids that promote healthier eating at home, at school, and in restaurants.

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Jerry Seinfeld Wife Cookbook

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