



## The Green Teen Cookbook

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Going green is hard to do especially when it comes to food. There are acronyms to learn, labels to decipher, seasons to accommodate, and grocery stores to navigate and that's before you even turn on the stove! *The Green Teen Cookbook* cuts through the chaos and shows teens how to shop smarter, cook more consciously, and eat a healthier diet. And in addition to the 70+ incredible recipes (created by teens, for teens), the book also includes:

- Illuminating essays about freeganism, flexitarians, vegetarianism, and more
- Tips about how to shop on a budget and get the most out of what you already have in your pantry
- A seasonal key that ensures the freshness of the recipes (and a minimal carbon footprint)
- Photos for each of the 70+ recipes

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