

## Stealth Health Lunches Kids Love: Irresistible and Nutritious Gluten-Free Sandwiches, Wraps and Other Easy Eats



Nearly every lunchtime staple nowadays includes bland, carb-loaded bread that leaves kids bloated and sluggish. That is, until now. Best-selling author and health-conscious chef, Tracy Griffith has the answer: unique gluten-free sandwich wraps that hide healthy ingredients and are appealing to kids. With *Stealth Health Lunches Kids Love*, Tracy presents parents with a multitude of healthy, delicious ways to prepare exciting wraps for their children. Say goodbye to dull bread and same old wraps because each recipe is packed with nutrients to give kids a happy, healthy, energized day, wrapped in fun shapes and are easy to eat. Kids will also have a blast in the kitchen making their own *Stealth Health* creations. As the first woman to graduate from the California Sushi Academy, author of *Sushi American Style*, Executive Chef for New Gem Foods, and from a prominent Hollywood family; Tracy Griffith has used her diverse life and culinary experience to create irresistible and innovative lunches in this soon-to-be family favorite cookbook. These recipes were intensively tested on kids from the prestigious Hong Kong International School (which is attended by children from throughout the world) to Singapore to schoolchildren in New Jersey, New York and Los Angeles. Each recipe passed a majority of thumbs up from at least three to five kids. Short quotes will run with each recipe and add to the fun and make the book stand out to kids.

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