

1 Tip of a flat belly :

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[Cheesy Broccoli and Potato Soup](#) - johanna

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A couple of years ago I bought a recipe book for kids. You know the one that shows you how to transform food into edible art? Supposedly kids will gobble down sandwiches in the shape of a caterpillar or a bowl of soup with a roll in the shape of a pig. Maybe my kids are not in the norm. They will go for ants on a log (celery, peanut butter and raisins) but not the vegetable shark.

Tonight an interesting thing happened at dinner. Our oldest decided he was not going to eat the soup because it was green. We tried coming up with a clever title for the soup but he was not buying it.

I reminded him of our rules. You have to take at least one bite of something new. Eventually he survived the agony of slurping one spoonful of green stuff only to declare it "disgusting." Soon the kids went outside to play while I started to

