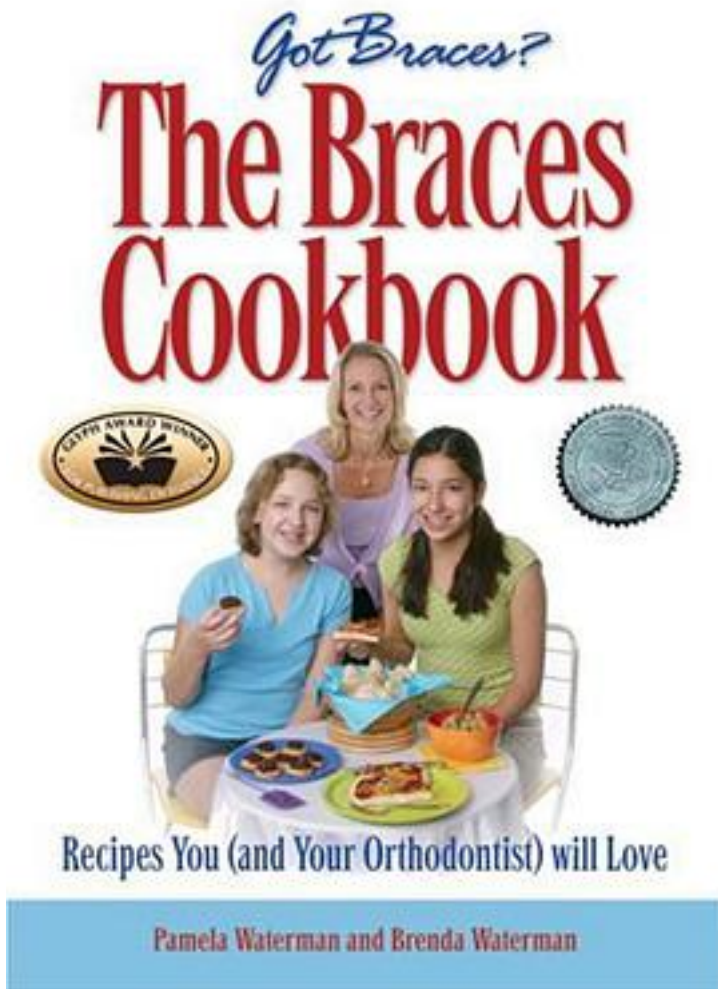


The Braces Cookbook



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Addressing how to rework menus and eating habits to pamper tender teeth and avoid

breaking brackets, this cookbook offers solutions to these challenges with 50 stay-soft recipes, tips for packing lunches, preparing meals, and eating out, as well as soothing ideas for braces-adjustment days. The book includes web resources and fun tooth trivia, and is ideal for parents and grandparents to give as a gift or for adults to treat themselves. The delicious recipes will appeal to the non-braces-wearers in the family, too.

作者介绍:

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