

A Royal Feast
in the Land of
Princes and Princesses



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I'm the mother of a little princess — a dreamy girl
with golden curls, sparkling eyes... and a very strong
opinion at the dinner table.

Food? Absolutely not! For starters, she'd serve up a
firm: "I don't like that."

As a main course: "I'm not eating that."

And for dessert? "No way."

Until one day... the magic began.

I whispered her a tale — of an elf who baked pancake
clouds,
a brave knight who searched for rice treasures among
broccoli hills,
and a little princess stirring her dream-porridge in a
golden bowl.

Together, we conjured magic in the kitchen.

We stirred rainbow colors into our bowls,
built towers out of vegetables,
and sprinkled laughter into our dough.

And yes... she tasted. She feasted.

Not because she had to — but because it was her fairy tale.

That's when I knew: this magic was meant to be shared.

This book, *A Royal Feast in the Land of Princes and Princesses*, is for
every parent and child who longs to dream, giggle, and explore
together in the kitchen.

- Each dish is simple, wholesome, and gently flavored —
with enchanting names that make little hearts flutter.
- Every recipe includes serving sizes, nutritional values, and
allergens, so cooking stays fun and worry-free.

Let your little ones imagine, stir, build, and taste by your
side.

Because the most magical fairy tales are dreamed up in
the kitchen — and they come to life at the table.

Wishing you the sweetest kind of cooking magic,

Stella Dornhart

The Magical Menu

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Chapter 1

The Enchanted Morning Table

