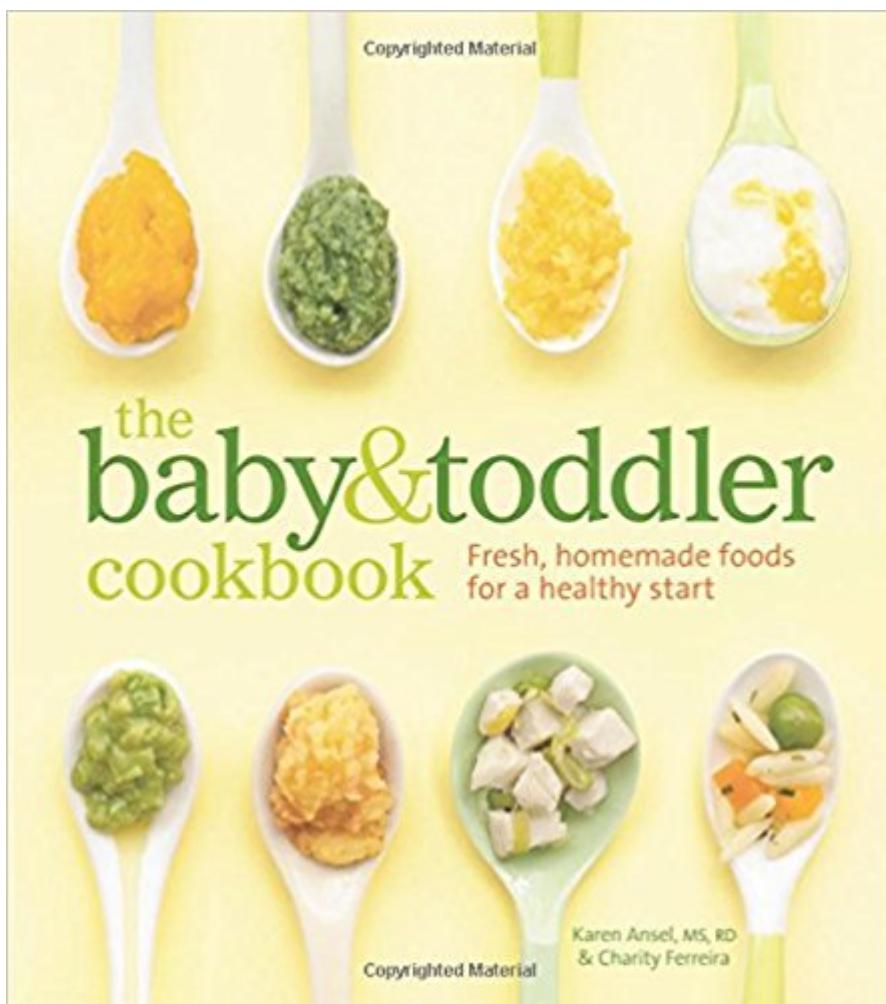


The book was found

The Baby And Toddler Cookbook: Fresh, Homemade Foods For A Healthy Start



Synopsis

Give your baby and toddler the best start in life and help them grow up healthy, happy, and strong with delicious, homemade foods. Packed with 90 easy-to-prepare recipes made with wholesome ingredients, The Baby & Toddler Cookbook--along with its companion volume, Baby and Toddler On the Go--offers a fresh and nutritious approach to feeding children from 6 months to 3 years. Making fresh, homemade meals for your baby and toddler is one of the best ways to give him a healthy, happy start in life. And while every parent can appreciate the convenience of already-prepared foods, balancing them with wholesome meals you have prepared yourself not only provides better nutrition, but also teaches your baby good eating habits. Packed with over 90 recipes and loads of nutritional information, The Baby & Toddler Cookbook makes cooking healthy meals easy, even for busy parents. By setting aside only a few hours a week, you can make and store an array of nutritious foods to keep baby happy and fed. All along the way, this book will give you helpful hints, guidance, and plenty of recipes to ease your path to nutrition. Each chapter begins with detailed information about the child's nutritional needs and how to address the needs at mealtime. Organized by age, the recipes follow, showing how to introduce different, appropriate foods at every development stage, from 6 months to 3 years. Each of baby's stages is covered, from starting solid foods and introducing new ingredients and textures, to easing into toddlerhood with plenty of ideas for fun meals, snacks, and desserts. This book also includes tips for making foods ahead, using the freezer to maximum advantage, and making food fun for your toddler. Selected recipes include: -Sweet Potato Puree -Creamy Pumpkin Risotto -Apple-Cinnamon Oatmeal -Tofu, Rice & Avocado -Almond Butter & Banana Bites -Chicken & Veggie Pockets

Book Information

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Customer Reviews

Karen Ansel, MS, RD, is a registered dietitian and freelance writer specializing in health, wellness, food, and nutrition. Her work has been published in national womenâ™s health magazines such as Family Circle, Womanâ™s Day, Cooking Light, Fitness, Prevention, Shape, Weight Watchers, Natural Health and Marie Claire. Karen is the New York City media representative for the New York State Dietetic Association and a contributing editor for Womanâ™s Day magazine. She received her B.A. from Duke University and her Masterâ™s in clinical nutrition from New York University. Karen lives in Long Island, New York, with her husband and two children. Charity Ferreira is a food writer, recipe developer, and former pastry chef whose work has appeared in Gourmet, Cooking Light, Sunset, and Bon Appetit, as well as the food section of the Los Angeles Times. A graduate of the California Culinary Academy, she turned her lifelong interest in food and nutrition to baby and toddler cuisine when her son and twin nieces were born. She is the author or co-author of five cookbooks including Williams-Sonoma Essentials of Mediterranean. She and her family live in the San Francisco Bay Area. Thayer Allyson Gowdy is a San Francisco-based photographer who has been featured in numerous magazines, including Martha Stewart Living, Real Simple, InStyle Home, and Parents, and in such books as Healthy Baby and Pattern Prints.

I really enjoy this cook book. My kids have been big fans of many recipes. Easy, quick, and also customizing some recipes is not a problem. I also like the pictures in the book. Great purchase

I bought this book as a present for a baby shower and I been thanked multiple times for it. the mom loves it and she frequently cooks from this book

Love this cookbook lots of diversity especially as your child grows. It has some great recipes and ideas. You can modify your recipes to meet the needs of your child. This book also has a ton of tips and advice for cooking and food preparation.

Got this cute little book for a family member who has a 6 month old just experimenting with food textures. The book is beautiful and has lots of great information and recipes. It grows with your baby and by the way, she loved it! It's especially amazing because of the vibrant photos. It's also easy to navigate. I would recommend this book!

This is in general, a great cookbook for baby. The only reason that I gave it 4 stars is that most of the recipes are available online for free these days. I still love to have real books, so I would purchase again. The tips pages in the beginning of each age group section are awesome and gave me some really good info. The color images were awesome and it even motivated my wife to flip through this book and flag recipes that she thought looked appetizing and wanted me to make for our daughter.

Best purchase! So happy with these recipes and so is my little one! I had my first child and felt so lost when it came to introducing solids. This book has helped me so much!

another absolutely fabulous book for creating baby food at home...unique easy to make recipes that my daughter loves. In fact its so great, she hates peanut butter and jelly but will happily devour curried lamb! This is a MUSThave !!!!

I was using another book that went from recipes with one or two ingredients to ten ingredients, and then bought this one. It is wonderful, great recipes and I like how it grows with your baby.

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