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The Baby Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start

By Karen Ansel

Weldon Owen. Hardcover. Book Condition: New. Hardcover. 176 pages. Dimensions: 9.4in. x 8.3in. x 0.9in. 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 and 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 and 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...



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-- **Dr. Sierra Lowe Sr.**