

The Petit Appetit Cookbook Easy Organic Recipes to Nurture Your Baby and Toddler



BOOK DETAILS

- Author : Lisa Barnes
- Pages : 288 Pages
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BOOK SYNOPSIS

In The Petit Appetit Cookbook, mother and professional cook Lisa Barnes offers a healthy all-organic alternative to commercially processed, preservative-filled foods to help create delicious menus, nurture adventurous palates, and begin a lifetime of positive eating habits for children. Includes: 150+ easy, fast, child-tested recipes for ages 4 months to 4 years Mealtime solutions for even the most finicky eaters Nutritional information for each recipe Time-saving cooking techniques The right age- and stage-appropriate food choices How and when to introduce solids to babies diet Adapting family recipes for young children Recognizing signs of food allergies and intolerances

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