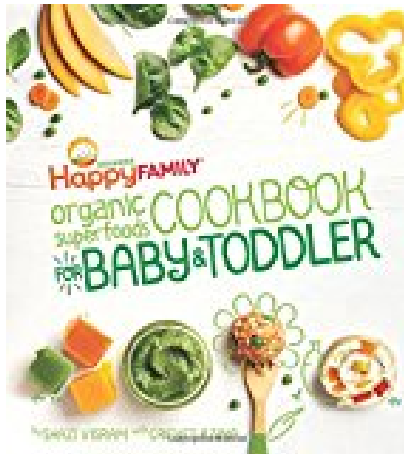


The Happy Family Organic Superfoods Cookbook For Baby & Toddler



BOOK DETAILS

- Author : Shazi Visram
- Pages : 136 Pages
- Publisher : Weldon Owen
- Language : English
- ISBN : 1681880490

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BOOK SYNOPSIS

Give your baby and toddler the best start in life by feeding them nutrient-rich superfoods in easy-to-prepare recipes created by Shazi Visram - the founder and CEO of Happy Family Organics, one of the fastest-growing organic food companies in the US - and Cricket Azima, founder and CEO of The Creative Kitchen and celebrated chef. With more than 70 easy-to-prepare recipes made with all-natural ingredients, The Happy Family Organic Superfoods Cookbook offers a fresh, nutritious, and accessible approach—and Shazi's enlightened nutrition philosophy—to feeding children from 4 months to 3 years. Recipes for babies (4-12 months)—From single to multi-ingredient vegetable and fruit purees, including Happy Family's best-selling spinach, mango & pear recipe, to recipes with quinoa, chia, and kale —Shazi's and Cricket's superfood recipes will nourish and please every kind of baby. Recipes for toddlers (1-3 years)—Meals include avocado & chicken whole wheat pizza; 3 bean farro risotto; and baked salmon with peas & rice balls; toddlers will love tasty snacks like strawberry-beet pudding with coconut milk and chia; avocado, melon & mint smoothies; banana, chocolate chip & quinoa muffins; and grilled nut-butter sandwiches with smashed berries.

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