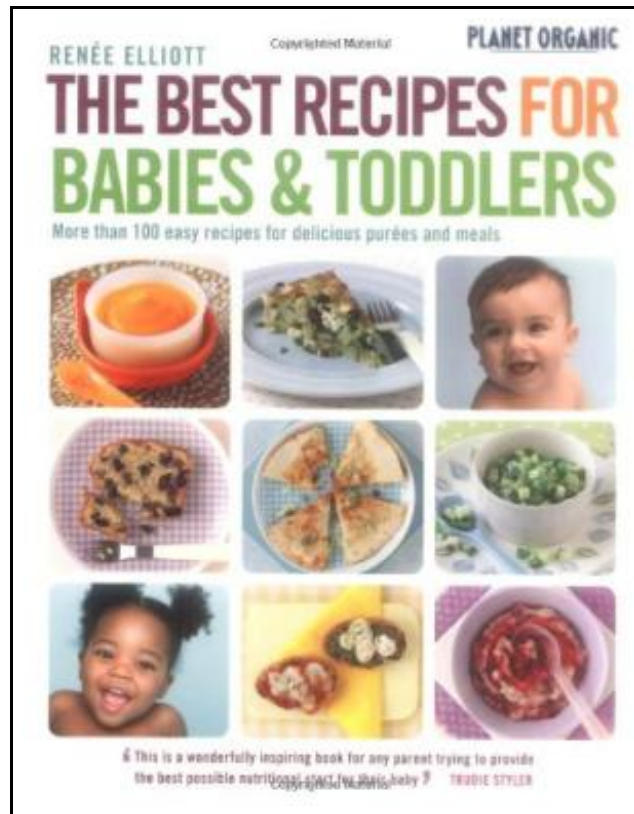# The Planet Organic Best Recipes for Babies and Toddlers: More Than 100 Easy Recipes for Delicious Purees and Meals

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THE PLANET ORGANIC BEST RECIPES FOR BABIES AND TODDLERS: MORE THAN 100 EASY RECIPES FOR DELICIOUS PUREES AND MEALS

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Planet Organic Best Recipes for Babies and Toddlers: More Than 100 Easy Recipes for Delicious Purees and Meals, Renee Elliott, Great nutrition is crucial for children's physical, mental and emotional development. But incorporating truly healthy cooking into our hectic daily lives can be hard. Renee Elliot, a leading organic food enterpreneur (and mother of three), makes it easy. "The Best Recipes for Babies & Toddlers" provides parents with all the answers they're looking for to give their children the best nutritional start possible. When you're weaning your baby at 4-6 months or cooking for your toddler or young child up to age 5, Renee's recipes show you how to use highly nutritious produce to create fabulous meals your children will love. With an emphasis on natural and organic foods, she guides you every step of the way. There are tips on everything from introducing new foods into your baby's diet to ensuring that the ingredients and equipment you cook with are nutritionally and environmentally safe. Meal planners, tip boxes, dietary symbols and notes on food preparation and storage make cooking for babies and toddlers even easier. Best of all, the delicious recipes will enhance your children's growth, health, behaviour, and happiness - and create healthy eating habits to last a lifetime.

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