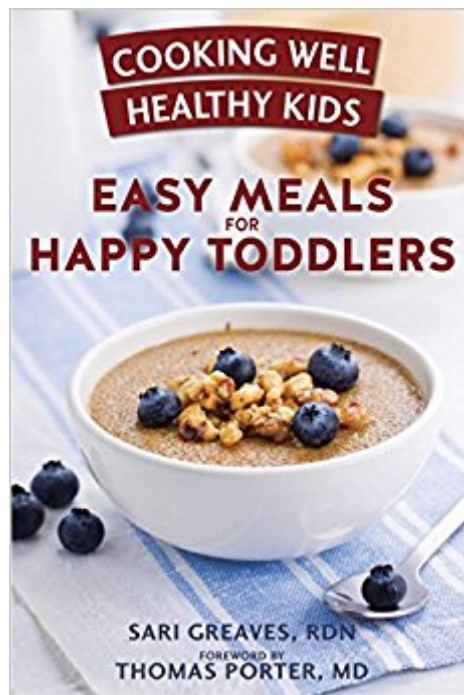




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Cooking Well Healthy Kids: Easy Meals For Happy Toddlers: Over 100 Recipes To Please Little Taste Buds



Synopsis

MAKE MEAL-TIME EASY WITH OVER 100 KID-APPROVED HEALTHY RECIPES

Easy Meals for Happy Toddlers is an easy-to-use recipe collection for parents looking for nutritious meals to please their little ones. Written by a registered dietitian-nutritionist and mother of two toddlers, the recipes are kitchen-tested and kid-approved. When you need quick, tasty, and healthy meals to suit even the pickiest palate, Easy Meals for Happy Toddlers is the perfect cookbook to help balance nutritional needs in a junk-food world.

Easy Meals for Happy Toddlers also includes:

- Basic information on nutritional needs for kids ages 1-5
- Tips on how to handle picky eaters
- A healthy food guide all parents should have
- A discussion on special dietary restrictions including gluten-free, paleo, vegan, and food allergies

Just a few of the tasty kid-friendly recipes to be found inside this book include:

- Little Bear's Breakfast Porridge
- Bacon-Spiked Brussels Bites with Goat Cheese Crumbles
- Strawberry Shortcake Cups
- Apple Chicken Quesadilla
- Crispy Coconut Chicken Fingers
- Farmer's Market Pizza
- Panko Crusted Tilapia Bites
- Soy Good Sunshine Smoothie
- One-Minute Cheesy Peas and Pasta
- Quick Chili Cheese Toast

Book Information

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Customer Reviews

Sari Greaves, RDN, is a Registered Dietitian Nutritionist and an expert in family wellness, weight management and women's health. She is Nutrition Director at Step Ahead Wellness Center in Far Hills, New Jersey and is a frequent guest on The Dr. Oz Show and Dr. Radio on Sirius

Satellite. Her books include Obesity Prevention for Children and Cardiac Recovery Cookbook. The mother of two toddlers, you can follow Sari on Facebook or Instagram.

Provided me with very helpful information for my 14 month old. Used it for a few recipes so far, and she's loving the food. I wanted something to give me ideas for finger foods, and this did just that plus more.

Great ideas and easy to make. Rice pudding was delicious. Can't wait to dive in and make more.

Excellent "go to" cook book in every way! Besides all of the quick and yummy kid friendly recipes, I really appreciate the guide to picking produce as well as the helpful insights. A fun "must have" for any mommy!

great book

Grandmother of six grandchildren, this book has been a tremendous help when they have a sleepover. Makes meals quick and fun. They always want to come back for more!

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