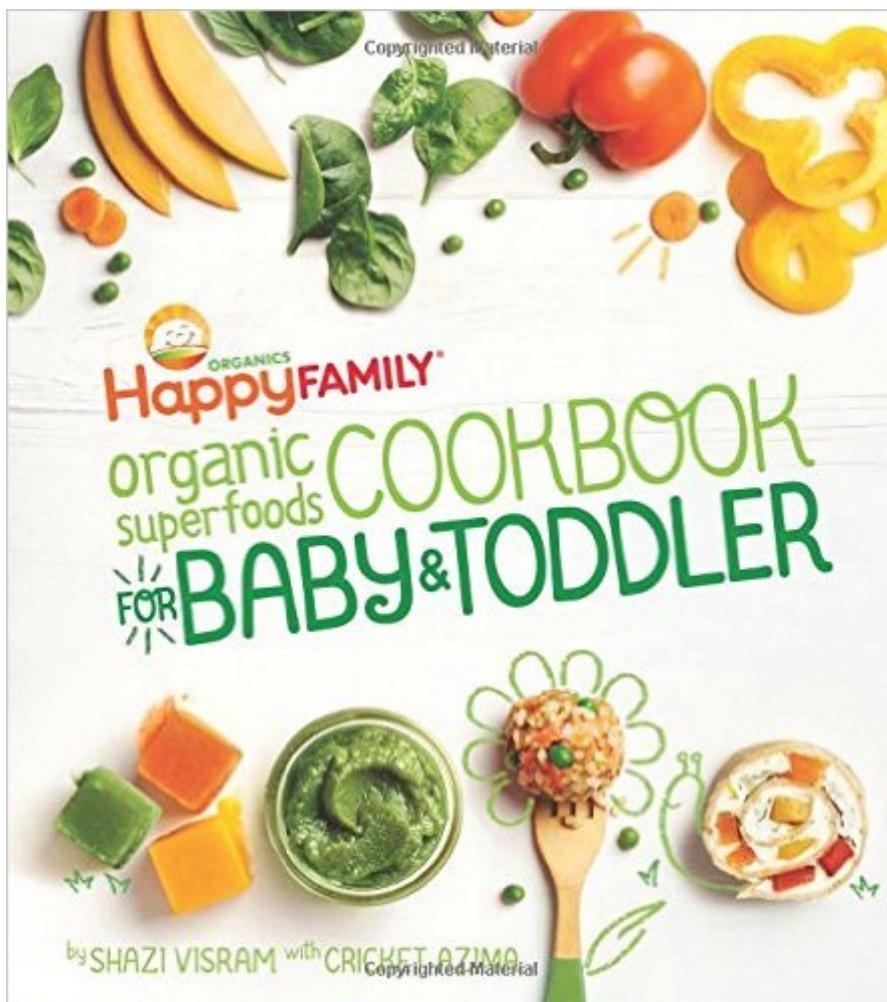


The book was found

The Happy Family Organic Superfoods Cookbook For Baby & Toddler



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.

Book Information

Hardcover: 136 pages

Publisher: Weldon Owen (September 6, 2016)

Language: English

ISBN-10: 1681880490

ISBN-13: 978-1681880495

Product Dimensions: 8.5 x 0.6 x 9.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #17,697 in Books (See Top 100 in Books) #11 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #11 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #45 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

[Download to continue reading...](#)

The Happy Family Organic Superfoods Cookbook For Baby & Toddler SuperFoods Audio Collection CD: Featuring Superfoods Rx and Superfoods Healthstyle The Big Book of Organic Baby Food: Baby Purées, Finger Foods, and Toddler Meals For Every Stage Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler Baby Shower: Baby Record Book. Activity Journal,

Message Book, Guestbook, Journal, Pregnancy, Motherhood, Mum, Mother, Dad, Father, Baby, Girl, Boy, ... With 20 Baby Shower Games, 8x10in (Volume 3) Happy, Happy, Happy: My Life and Legacy as the Duck Commander 201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! The Organic Gardener's Handbook of Natural Pest and Disease Control: A Complete Guide to Maintaining a Healthy Garden and Yard the Earth-Friendly Way (Rodale Organic Gardening Books (Paperback)) Organic Perfume: The Ultimate Beginner's Guide to Making the Best Organic Perfume in 24 Hours or Less! Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe The Organic Farming Manual: A Comprehensive Guide to Starting and Running a Certified Organic Farm Baby Happy Baby Sad (Leslie Patricelli board books) Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater Ziggy Marley and Family Cookbook: Delicious Meals Made With Whole, Organic Ingredients from the Marley Kitchen Toddler Coloring Book. Numbers Colors Shapes: Baby Activity Book for Kids Age 1-3, Boys or Girls, for Their Fun Early Learning of First Easy Words ... (Preschool Prep Activity Learning) (Volume 1) Debbie Bliss Baby and Toddler Knits: 20 gorgeous jackets, sweaters, hats, bootees and more Debbie Bliss Baby & Toddler Knits: 20 Gorgeous Jackets, Sweaters, Hats, Bootees and More Books for Kids : One Little Dragon (Bedtime Stories for Kids, Baby Books, Kids Books, Children's Books, Preschool Books, Toddler Books, Ages 3-5, Kids Picture Book) Playtime Devotions: Sharing Bible Moments with Your Baby or Toddler (Heritage Builders (Standard)) Superfood Juices & Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods

[Dmca](#)