



Happy Family Organic Superfoods Cookbook for Baby and Toddler (Hardback)

By Shazi Visram, Cricket Azima

Weldon Owen, Incorporated, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. 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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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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