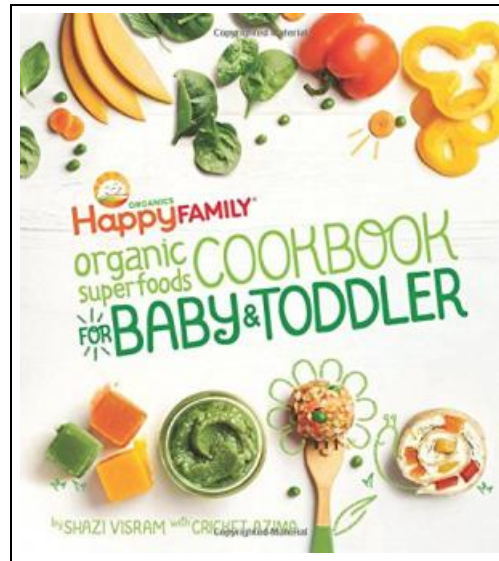


## Happy Family Organic Superfoods Cookbook for Baby and Toddler (Hardback)



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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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