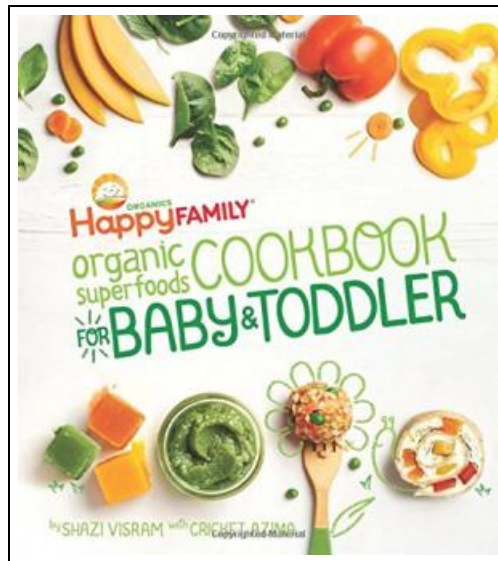


## Happy Family Organic Superfoods Cookbook for Baby and Toddler (Hardback)



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*The publication is straightforward in study safer to recognize. It is written in straightforward words and never hard to understand. It has been printed in an extremely straightforward way and it is just after I finished reading this book through which basically modified me, affect the way I think.*

**(Percy Bernhard)**

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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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