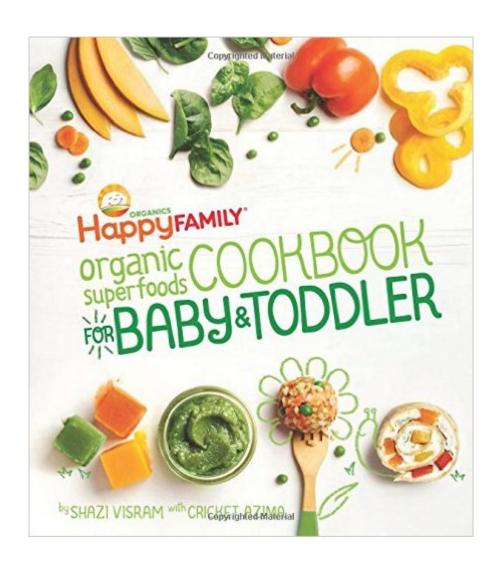
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The Happy Family Organic Superfoods Cookbook For Baby & Toddler





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 approachâ "and Shaziâ TMs enlightened nutrition philosophyâ "to feeding children from 4 months to 3 years. Recipes for babies (4â "12 months)â "From single to multi-ingredient vegetable and fruit purees, including Happy Familyâ TMs best-selling spinach, mango & pear recipe, to recipes with quinoa, chia, and kale â "Shaziâ TMs and Cricketâ TMs superfood recipes will nourish and please every kind of baby. Recipes for toddlers (1â "3 years)â "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.Â

Book Information

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