



Little Foodie: Baby Food Recipes for Babies and Toddlers with Taste

Michele Olivier, MNT Sara Peternell

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The Food You Eat--Smaller

This liberating cookbook for the newest eater in your family encourages foodie parents to think beyond the baby food aisle. Here you'll find over 100 recipes for babies and toddlers so appetizing and so nutritious that you're sure to devour them--okay, let's call it "taste test"--right along with your little one. Consider yourself warned: your child's first words might just be "More, please."

Beyond recipes, *Little Foodie* includes:

- * A step-by-step guide to introducing purées
- * Answers to FAQs for all stages of infancy and toddlerhood
- * The lowdown on food allergies
- * Meal pairing tips for parent-friendly libations
- * Over 45 beautiful and enticing full-color photos

Without a doubt, this baby food guide and cookbook is likely to become an indispensable family resource in your home.

Here's what's on the menu for your little foodie:

Apple + Mint + Ricotta Purée / Fennel + Pea + Peach Purée / Pumpkin + Thyme Purée / Sesame Tofu Sticks + Peanut Sauce / Curried Egg Finger Sandwiches + Mango Chutney / Slow Cooker Chicken Tagine + Couscous / Sausage + Kale Over Creamy Polenta / DIY Toddler Sushi Bar, and more

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