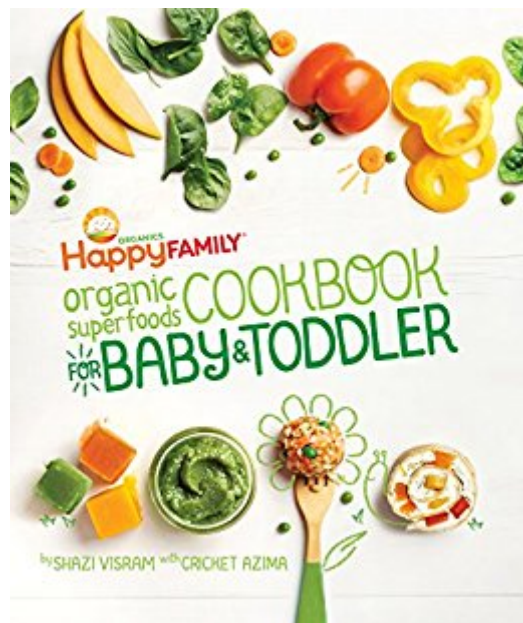




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# The Happy Family Organic Superfoods Cookbook For Baby & Toddler: Wholesome Nutrition For The First 1,000 Days



## 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 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.

## Book Information

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## Customer Reviews

Really great cookbook and guide to feeding your baby. The book starts with info on starting solids, providing recipes for purees, and ends with recipes the entire family can enjoy. Clear instructions, easy and creative recipes. Beautiful and whimsical illustrations. This book would make a great gift for a mom who's about to start solids with her little one. My kids loved the baked rice balls with salmon and peas. I look forward to testing out all the recipes.

This cookbook is great! From simple purees to quinoa dishes and muffins- there's a wide variety of healthy recipes the whole family can enjoy! When I run out of ideas or keep going to the same 'ol dishes for dinner for my little one, I open this for a little inspiration! It's been a hit in my family and with all our friends kiddos too!

First of all this book is beautiful! The perfect gift for a baby shower or special occasion. I absolutely love all the practical information in this book including the Nutrient Guide, serving size guides for baby, portion size guides for toddlers, tips for cooking gluten-free and nutrient rich, picky eaters, feeding-on the go, etc. Also, there are "How Tos" about freezing baby food, storing food and so much more. I especially love the allergen guides for each recipe, which makes things so much easier if you are looking for recipes such as Vegetarian, Egg Free, Gluten-Free, Nut Free, Dairy-Free. The recipes are great for ages 4 months to 3 yrs, and there are soooooo many incredible pictures and inspiring recipes. There is also a little information for each recipe which tells you the significant nutritional value of the ingredients being used in the recipe. All the recipes are easy to make and there is a huge variety to choose from purees, burgers, meatballs, stews, smoothies, kebabs, granola bites, muffins, dips, pies, etc. The index is super easy to use as well so you can find recipes with the ingredients you may have on hand. I just can't stop telling my friends how much I love this book! This is my new go-to gift for all my moms-to-be. Also, it is a great gift for 1st birthdays too! LOVE!

Awesome! Can't wait to utilize this book once baby girl is old enough!

This cookbook is absolutely the perfect gift for moms! I love it. The recipes are simple to follow and

yummy. I'm always looking for healthy snack options and there are so many good choices. Almost every recipe has a picture that corresponds to it. These recipes are family friendly for kids and adults.

Tasty recipes, would recommend this book whether you buy organic or not!

Love, Love, Love this cookbook. The recipes are delicious and my baby and I love them. I like that it has recipes for every stage. There's a picture of one of the recipes I made. So easy!

I love this book. So many fun recipes for my picky toddler.

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