



# **The Baby and Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start**

*Karen Ansel, Charity Ferreira*

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Making fresh, homemade meals for your baby and toddler is one of the best ways to give him a healthy, happy start in life. And while every parent can appreciate the convenience of already-prepared foods, balancing them with wholesome meals you have prepared yourself not only provides better nutrition, but also teaches your baby good eating habits. Packed with over 90 recipes and loads of nutritional information, The Baby & Toddler Cookbook makes cooking healthy meals easy, even for busy parents. By setting aside only a few hours a week, you can make and store an array of nutritious foods to keep baby happy and fed. All along the way, this book will give you helpful hints, guidance, and plenty of recipes to ease your path to nutrition.

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