



# **The Top 100 Healthy Recipes for Babies & Toddlers: Delicious, Healthy Recipes for Purees, Finger Foods and Meals (The Top 100 Recipes Series)**

*Renee Elliott*

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# The Top 100 Healthy Recipes for Babies & Toddlers: Delicious, Healthy Recipes for Purees, Finger Foods and Meals (The Top 100 Recipes Series)

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## **The Top 100 Healthy Recipes for Babies & Toddlers: Delicious, Healthy Recipes for Purees, Finger Foods and Meals (The Top 100 Recipes Series) Renee Elliott**

Give baby the best start in life with these 100 super-healthy recipes-and establish good eating habits that will last a lifetime. Renée Elliott, the creator of Britain's Planet Organic supermarket chain, has created a collection of easy-to-make dishes that focus on organic ingredients, excellent nutritional value, and child-appealing taste. The yummy selection ranges from Dried Apricot Purée and Spelt Pancakes to Chicken & Mushroom Pasta, Mini Pita Pizzas, and Blueberry Bread.

Each recipe has at-a-glance ingredient symbols, as well as preparation and storage tips, and weekly meal planners show when it's right to introduce different foods. Whether you're weaning your baby at six months or cooking for your toddler or five-year-old, this cookbook will show you how to create fabulous nourishing meals your children will love.

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