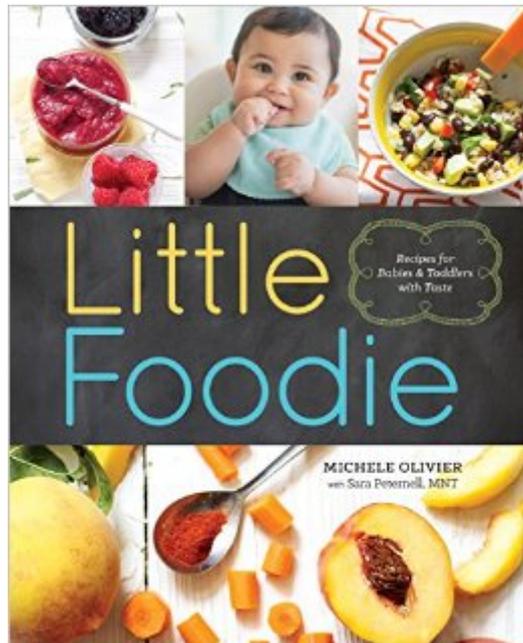


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# Little Foodie: Baby Food Recipes For Babies And Toddlers With Taste



## Synopsis

A Red Tricycle 2015 Best Cookbook for Babies This playful cookbook helps parents prepare a culinary adventure for the newest eater in the family. Baby food chef and founder of the beloved blog Baby FoodE, Michele Olivier, shows you how to raise a food lover by making delicious, healthy food for your baby and toddler—regardless of how much time you have (and how little sleep you’re getting). From memorable first purees to toddler finger foods, these dishes are ones the entire family will love. Roll up your sleeves and start thinking beyond the baby food aisle, with:

- Over 100 baby food recipes designed to move your little ones from purees to solids
- Answers to frequently asked questions for all stages of infancy and toddlerhood
- The lowdown on food allergies
- Fun beverage pairings for the grown-ups
- Over 45 beautiful and enticing full-color photos

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. Consider yourself warned: your child’s first words might just be "More, please."

## Book Information

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Fennel + Pea + Peach This

purée was actually inspired by a peach and fennel salsa I tasted when visiting a restaurant in Nashville. It sounded so crazy I just had to try it—it turns out, pairing fennel and peach creates magic in the mouth! The sweetness of the peach calms down the spice of the fennel, and their combination produces an unforgettable taste experience I just had to re-create for my baby. 6+

Months Makes 15 ounces Prep time: 5 minutes Cook time: 10 minutes Storage: Refrigerator: 3 days Freezer: 3 months 1 fennel bulb, white part only, roughly chopped 2 cups peaches, fresh or frozen 1 cup peas, fresh or frozen Fill a medium saucepan with about 2 inches of water. Heat on medium until the water begins to boil. Place the fennel in a steamer basket over the boiling water, and cover for 5 minutes. If using frozen peaches or peas, add to the steamer basket with the fennel, and steam for an additional 5 minutes. Let them cool slightly. If using fresh peaches or peas, place directly in a blender or food processor. Place the fennel, peaches, and peas in a blender or food processor, and purée until you reach your desired consistency. Tip For a grown-up peach and fennel salsa, combine ½ cup diced fennel; 2 cups peeled and diced peaches; 1 cup diced, roasted red bell peppers; ½ cup diced red onion; 1 minced garlic clove; and a pinch of salt and pepper in a medium bowl. Place in the fridge, and let chill for 30 minutes before serving with your favorite chips.

Chicken + Udon Noodles in Garlic Pepper Sauce While I was pregnant with my second child, chicken with udon noodles was a major craving. I would order this dish takeout almost every week, and often Ellie and I would eat it straight from the container.

I've worked to come up with a healthier version that matches the great taste we both fell in love with minus the unwanted calories and fat. This version stands up to the test.

24+ Months Makes 4 servings Prep time: 15 minutes Cook time: 25 minutes Storage: Refrigerator: 3 days Freezer: Not recommended 3 garlic cloves, minced 1-inch piece fresh ginger, grated 3 tablespoons soy sauce ½ cup vegetable or chicken stock 1 tablespoon sesame oil ½ teaspoon hot sauce 2 tablespoons honey 2 teaspoons freshly ground black pepper 1 (8-ounce) package whole-wheat udon noodles 1 tablespoon olive oil 1 pound boneless skinless chicken breast, sliced into 1-inch-thick strips ½ cup thinly sliced red bell pepper ½ cup thinly sliced yellow bell pepper ½ cup peeled and sliced carrots ½ cup broccoli florets 1 tablespoon sesame seeds, for serving In a small bowl, whisk together garlic, ginger, soy sauce, stock, sesame oil, hot sauce, honey, and black pepper. Set aside. Bring a large pot of water to a boil. Add the noodles, and cook for 2 to 3 minutes, or until noodles are al dente. Drain and rinse in cold water. In large skillet, heat the olive oil over medium heat. Add the chicken pieces, and cook for 8 minutes, or until lightly browned on all sides. Add the red and yellow peppers, carrots, and broccoli, and cook, covered, for 5 minutes. Add the noodles and sauce, and stir until everything is well incorporated, and cook for an additional 3 minutes. Serve and sprinkle with sesame seeds.

Beer pairing TIP To match the spiciness from the garlic pepper sauce, pair this dish with a nice IPA like Avery Brewing's India Pale Ale. DIY Fiesta Bowl This do-it-yourself fiesta bowl feast is my go-to recipe when things are about to get real crazy at my house—as in hungry

toddler, crying baby, nothing-planned-for-dinner crazy. I put my toddler in charge of attempting to spoon ingredients into bowls, my husband on tortilla chip/music duty, and I get busy slicing and dicing all the produce. Everyone gets to have a say in what their bowl looks like, which makes everyone happy in no time at all. 12+ Months Makes 4 servings Prep time: 15 minutes Cook time: 15 minutes Storage: Refrigerator: 3 days Freezer: Not recommended For the base of the bowls 2 cups cooked or instant brown rice Juice of 1 lime 1 tablespoon olive oil 2 tablespoons roughly chopped cilantro For optional add-ins Black beans, drained and rinsed Corn, fresh or frozen, thawed and warmed Red bell pepper, chopped Green bell peppers, onions, and/or zucchini, sliced or chopped, and sautéed Avocado, pitted, sliced, and chopped Tomato, diced Romaine lettuce, shredded Salsa Cheddar or pepper jack cheese, shredded Sour cream or plain yogurt Cooked ground turkey Shredded, cooked chicken Warmed tortillas Corn chips Pumpkin seeds In a medium saucepan over medium heat, add the brown rice, lime juice, olive oil, and cilantro. Cook for 5 minutes, and then fluff. Add 1 cup of the rice mixture to each bowl. Add optional ingredients based on what you have on hand or your family's personal preferences. Serve immediately, or warm before serving if necessary. Tip Got a picky eater? Invite help in the kitchen. Toddlers love to help out, from tasks as simple as throwing out packaging to mixing ingredients. They're also more likely to end up eating the fruits (or veggies) of their shared labor.

I'm feeling a bit conflicted on how I should review this book. As the title suggests, this is meant for someone with a foodie attitude and lifestyle. Although I don't consider myself a hard core foodie, I do love experimenting in the kitchen and would like for my daughter to grow up with an adventurous appetite. That all being said, I'll realistically try out about half of the recipes. The "Bumping Banana Milkshake" and "Mumbo Italiano" recipes both sound delicious and relatively easy. I cannot, however imagine (before cooking dinner for the rest of my family) preparing for my young daughter, recipes like "Chicken + Udon Noodles in Garlic Pepper Sauce" or "Roasted Blueberry with Himalayan Salt" (Where does one even find 'Himalayan Salt'?) I think this book would be perfect for someone who has a large food budget, access to a wide variety of ingredients and an immense amount of free time. I think this book would be 'alright' for someone who's occasionally looking to broaden their children's culinary horizons. I was given a complimentary copy of this book in exchange for my honest review.

I have learned so much in just the first chapter of this book it has changed the outlook on not only

what I would want to feed my baby but what I would want to feed myself!! I have been around so many children who refuse to eat healthy vegetables and food, that only prefer sugars and refined processed ingredients. The problem with that is they never developed the proper palette for delicious, organic and healthy foods. This book teaches you how to produce your own baby food using all natural ingredients that you make yourself. You know exactly what your baby is eating and you are laying a pathway to a healthy lifestyle for your child. You are expanding their taste buds and you're going to raise a child who not only enjoys eating healthy food, they will crave it. I was surprised to read what other countries feed their babies, fish, seaweed, eggs, rich and flavorful spices. I had no idea that not only can a baby eat that, that it is enjoyable and GOOD for them. No wonder why most children from other countries are at a healthy weight unlike a lot of American children. The recipes in this book are easy to prepare, store and taste delicious. The author covers all the bases from what foods to buy, how to prepare them, how to store/freeze them and how to feed them to your baby. The recipes are simple but the ingredients are incredible, some recipes are only 2 or 3 ingredients needed. She incorporates not only the fruit or veggies but spices that bring out the flavors of the ingredients. Not only is your baby going to be eating healthy vitamin enriched food, it's going to be delicious and open them up to a world of enjoying tasteful, healthy and organic foods. This book is a definite must have for any parent who wants the best for their child! You don't need to be a stay at home, Martha Stewart type mommy, you just need a couple hours a month to prepare and store the foods! \*\*I received this book in exchange for my honest review

This is the very best book i've seen so far on baby food. it's perfect. you don't have to be a great cook to love and use this book. we've made just about every recipe and our son loves it all. but even more important than the ease of use, is the fact that our baby is being introduced to spices and herbs and non-bland ingredients from a young age. american baby food is shameful. i'm hoping books like this will change the way parents cook for their little humans in the US.

I loved reading this book and being a mom myself understanding how you want the best for your child and want them to eat healthy and eat real foods. I wish i would of done this when my daughter was little she is now 11 if i could i would go back and do things differently and use tips and recipes from this book. I found this book very interesting how it talked about babies first meals around the globe i couldn't believe some foods were fish, seaweed, and chili powder i wouldn't of ever imagined young children eating these items but they do. I was also surprised to hear that spices are actually good to add to the foods and they add medicinal properties i always suspected spices weren't good

for children that young so i really learned something new. It also talks on how most foods are actually alright to give your children now and how rice cereal used to be recommended because of allergies but pediatrics now say there is no evidence that these foods once advised to wait to give them have a effect on if they will be allergic to them so unless you have a history of severe food allergies then it is alright to give them any foods to start with.(I found that interesting but still not sure if i would of chanced it though) It also talks on foods to avoid like honey,hard foods that can cause choking, refined grains,foods that family members are allergic to,processed dairy, commercially prepared fruit drinks, and commercially packaged foods with hard to pronounce ingredients. There are great tips for making your own purees and ways to make it fast and easy like how to freeze,store,and thaw like using ice cube trays is a great way of doing it. The rest of the book then goes on to give tons of great puree recipes for 4+ months,finger foods,snacks,and smoothies for 9+ months, our meal is your meal 12+ months,and dinner on demand 24+ months with lots of great recipes that even i would like or could make for my daughter. I know i wrote a lot in this review but i really enjoyed this book and i don't even have a baby or toddler anymore but it was packed full of great advice and recipes and i have a niece and nephew so will be recommending this to my sister.

\* I received this book free in exchange for my honest and unbiased review however all opinions are my own

This book Little Foodie is awesome! My 2 year old has loved some of the things I have made out of it this week. The recipes are simple and easy to read and also give detailed instructions. I love all the different food combination in this book. I really like how it is divided into age groups. There is also a measurements table in the back. I received this product at a discounted price for review purposes.

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