

[PDF] Simply Natural Baby Food: Easy Recipes For Delicious Meals Your Infant And Toddler Will Love

Cathe Olson - pdf download free book

Books Details:

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Author: Cathe Olson

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Description:

Review An enticing and inspiring book of recipes for children. A very accessible and tasty collection.
-- Sharon K. Yntema, author of *NEW Vegetarian Baby*

In an era of epidemic obesity/diabetes in children, Olson offers wholesome and simple recipe ideas for a healthy start. -- Monica Dixon, Ph.D., R.D., Author of *Love the Body You Were Born With*

From the Author After the birth of our first daughter, I decided to stay at home to rear our children

and develop our organic vegetable/herb garden and fruit orchard.

Cooking continued to be a creative outlet for me. As I had primarily been cooking adult food for many years, preparing baby food was a new undertaking. The cookbooks available contained recipes calling for white flour, refined sugar, and processed foods. Most dishes required dairy products, eggs, or meat. No alternatives were provided for the vegetarian child. As I researched infant nutritional needs, I learned how important it is to give babies healthful food from the start and to establish good eating habits early.

I combined my knowledge of natural, whole foods cooking with what I had learned about infant nutrition to develop the recipes in this book. Since I understand that our lives are busy, I keep actual preparation time to a minimum. The cooking time for some meals is lengthy (i.e. grains and legumes) but since you don't have to be in the kitchen monitoring the meal, you are free to do other things. These recipes are all dishes that I prepare regularly. With two small children to care for, a garden and orchard to maintain, animals to tend, and books and articles to write, I don't want to spend my free time in the kitchen.

My daughters are enthusiastic, healthy eaters and have rarely been sick. I hope you find this book helpful with your children.

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