



The Top 100 Finger Food Recipes: Delicious, Healthy Meals for Your Toddler

By Christine Bailey

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Finger Food Recipes: Delicious, Healthy Meals for Your Toddler, Christine Bailey, Babies and toddlers can be very fussy eaters, making it challenging for parents to find foods for them that are both healthy and enjoyable. Finger foods offer the perfect solution, as children are ready to eat more independently and adventurously at around the age of nine to twelve months. Beginning by discussing the nutritional needs of babies and toddlers, Christine Bailey offers a collection of quick and easy recipes for delicious and appealing finger foods. The book gives tables of foods to introduce at different ages, and each recipe has a list of nutrients and at-a-glance ingredient symbols, as well as tips on preparation and storage. From nutritious breakfasts such as Crunchy Granola Chunks and Almond & Apricot Scotch Pancakes to tasty lunches and dinners, such as Fig & Goat's Cheese Bruschetta and Italian Tuna Balls, as well as yummy snacks and desserts such as Secret Chocolate Cupcakes and Mango Fruit Lollies, there are plenty of new tastes and textures here for your child to explore.



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