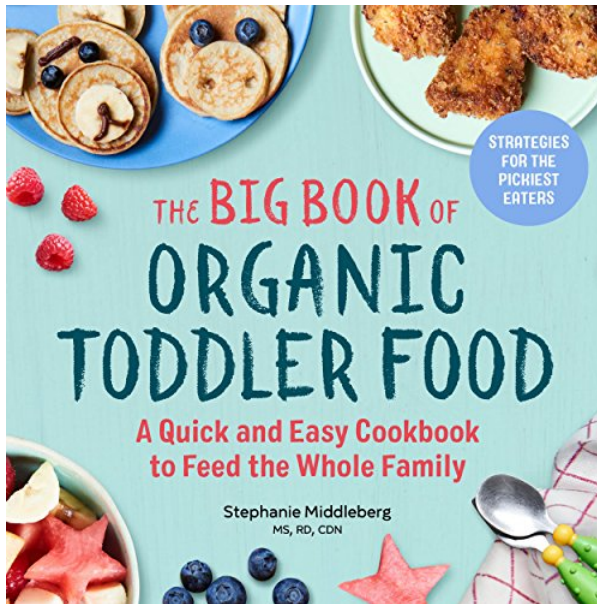


# [GET] The Big Book of Organic Toddler Food: A Quick and Easy Cookbook to Feed the Whole Family



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In the follow-up to her bestselling cookbook, *The Big Book of Organic Baby Food*, nutritionist Stephanie Middleberg serves up the next stage of easy, tasty, healthy meals for your little one in *The Big Book of Organic Toddler Food*. Toddlers have a lot of opinions, especially when it comes to food. With *The Big Book of Organic Toddler Food*, you'll create simple, delicious meals that satisfy your toddler's changing nutritional needs and the taste buds of everyone in the household, even the little picky one. In *The Big Book of Organic Toddler Food*, Stephanie Middleberg draws on her nutritional expertise as a certified nutritionist and founder of Middleberg Nutrition, as well as her hard-earned wisdom as the mom of two, to bring you the ultimate guide to nourishing your little one with delicious organic foods without a meltdown! Your ultimate toddler cookbook, *The Big Book of Organic Toddler Food* includes: 125+ simple, healthy recipes that will appeal equally to your toddler and all other family members, saving you time and money; An overview of toddlerhood including signs of readiness for toddler-specific foods, food allergen and safety guidance, bottle weaning and milk introduction, baby tableware buying guidance, and more; Organic food fundamentals that cover food labels, pantry prep, seasonal eating, and convenience food guidance; From yummy

breakfast recipes like Chocolate Chip Oat Banana Blender Muffins to family-ready dinners like Zucchini Noodles with Slow Cooker Turkey Meatball Marinara, The Big Book of Organic Toddler Food will not only ensure your toddler is eating nutritious, delicious food, but that you aren't spending all your waking hours in the kitchen.

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