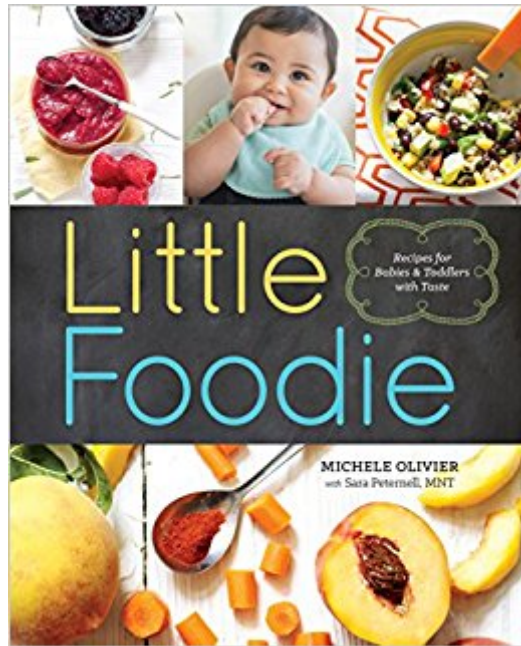


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# Little Foodie: Baby Food Recipes For Babies And Toddlers With Taste



## 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 Puree / Fennel + Pea + Peach Puree / Pumpkin + Thyme Puree / 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

Paperback: 228 pages

Publisher: Sonoma Press; first edition (June 1, 2015)

Language: English

ISBN-10: 1942411049

ISBN-13: 978-1942411048

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 146 customer reviews

Best Sellers Rank: #15,164 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #48 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

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Fennel + Pea + Peach This

puree 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 1 cup diced fennel; 2 cups peeled and diced peaches; 1 cup diced, roasted red bell peppers; 1 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 1 cup vegetable or chicken stock 1 tablespoon sesame oil 1 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 1 cup thinly sliced red bell pepper 1 cup thinly sliced yellow bell pepper 1 cup peeled and sliced carrots 1 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 1/2 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.

“...we love Olivier's depiction of a foodie superhero—an adventurous eater who isn't afraid to at least taste everything, and her cookbook features awesome tips for turning your tiny taster into a true food lover. **Why You Should Buy It:** Olivier recognizes that parents need to eat too, and includes fun drink pairings for the grown-up set. It's truly a cookbook for the whole family. **•** **Red Tricycle** What Parents are Saying about Michele Olivier and Little Foodie: “I've tried almost all the recipes and my 9-month-old loves them all. She never wants to leave her high chair. I've searched all over internet and yours is the best that I can find. I bought your cookbook and am cooking the and freezing like crazy. I am so proud that my daughter loves all the food and that I am able to make it for her.” **•** **Mandy L.** “Just bought your cookbook and made this recipe first. I didn't know it was possible for my daughters mouth to open as wide as it did. Huge hit!! Your

recipes are hands down the best and most creative I've found. Here's (hopefully) to little foodies in the making!

Therese H. "My baby went crazy over this (roasted banana + rosemary puree) this morning. So far he has been a very good eater, even eating all of his zucchini (which was the one I was most worried about), but he lovvvveeeed this puree. And I admit, after tasting a little when I was checking the temperature, I almost ate it myself"

Ashely O.

Michele Olivier is a mother of two and the founder and author of the popular baby food blog Baby FoodE ([babyfoode.com](http://babyfoode.com)). Her recipes have been featured online on BuzzFeed, PopSugar, Red Tricycle, and Daily Parent, among others. She and her family live in Denver, Colorado. For more recipe inspiration and photos, follow her on Instagram [@babyfoode](https://www.instagram.com/babyfoode) and [facebook.com/babyfoode](https://facebook.com/babyfoode).

~ ~ Sara Peterzell, MNT, is a nutrition therapist who works with clients primarily for fertility, pregnancy, and postpartum nutrition, as well as in the area of nutrition for young children. She is also an instructor at the Nutrition Therapy Institute. Sara, her husband, and their two children live in Denver, Colorado. To learn more about her practice, visit [sarapeterzell.com](http://sarapeterzell.com).

This book, Little Foodie is great for mothers who want to feed healthy food to their babies from the start. In part I the author write about the different foods served to babies around the world. According to her a baby can eat anything as long as there is no family history of allergies. It also tells you what foods to avoid before 12 months age. The recipes are divided by the age. They all look very yummy.I wish I had this book when my children were young. It is a very nice gift to give to a new mom. These days most people are leaning towards natural and organic foods free of chemicals and preservatives. You can make these foods, snacks and smoothies. These can be frozen in a freezer tray and thaw when you are ready to feed the baby. This way less is wasted and you'll know what your baby likes. A nice way to develop your baby's taste for different foods. I received this book free in exchange for my honest opinion.

I got this book for my son and daughter-in-law, both dedicated foodies. They just had a baby who, I know, will eat well and deliciously all her life, beginning with the imaginative and nutritious recipes in this book. As a delighted grandmother, I spent the whole pregnancy shopping for toys, clothes, accessories, decorations--but no gift got more attention and favorable comments than this one. Go figure.

There are so many wonderful things about this book! The pictures, the information, the recipes, the way the author speaks to you like a friend. I got a sense that the author genuinely cares about her readers and wants every child to have a wonderful relationship with food. The book is separated into sections by age (very logical) and has a plethora of different foods to make your child all the way through their toddler years. I have a few family members with newborns, and this book will be gifted to them immediately. Every child deserves healthy and tasty foods, and this book delivers that. I received this book for free to review, and this review is my honest opinion of the product.

I was so excited to receive *The Little Foodie: Baby Food Recipes for Babies and Toddlers with Taste Cookbook*. This book is perfect for my niece it has over 100 yummy recipes. This cookbook is a plus for parents, grandparents, aunts and uncles or any family member cooking and introducing the baby or toddler in their lives new foods. Children can be picky eaters so with over one hundred recipes you get a variety to try you should be able to find plenty recipes in this cookbook the little ones in your life will like. I received this book in exchange for my honest review.

When I look at the photos on the cover of this book and read the title, i automatically think it's going to be a book all about baby food, but it turned out to be so much more than that. This book is full of flavorful recipes that use herbs and spices to intrigue little ones with flavor. I don't know why I was under the assumption that my baby could only eat bland food, but I was until reading this book. Everything is laid out so nicely, and there are some great photos as well as many tips which range from why certain ingredients are great for you to what glass of wine would pair best with the recipe for an adult delight. I'd highly recommend this book to anyone looking for a new perspective on food in general but especially baby food.

Alright this was a cute book. My kids are past the baby food stage and love healthy food so it's not a battle to get them to eat healthy. However reading this did give me lots of new ideas and info to pass on to my new-toddler mom friends. All of it's easy and seems like it would (from the perspective of a parent) work, though again, I have not had the problem of picky eaters and fed my children as little store bought baby food as possible (nothing against it, it was easier to mash up food I made then go out and buy it in jars, like the books show you!). All in all, a good book to read and one to pass around to friends. I was given this product for an honest review.

Wonderful book with great recipes. Super helpful guidelines for introducing new foods as baby becomes a more adventurous eater.

Book came in excellent condition. As a Mom it can be overwhelming learning what you can and can't give a baby so this book is a holy grail of knowledge. I bought this since I have a baby bullet and prepare all of my daughters food fresh.

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