



OVER
100
SIMPLE
RECIPES
FOR BABY
AND
TODDLER

CookingLight.
first foods

baby steps to a lifetime of healthy eating



Editors of Cooking Light Magazine

Cooking Light First Foods: Baby Steps to a Lifetime of Healthy Eating



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In a book with an increase of than 200 color photos, a authorized dietitian offers more than 100 tested recipes to make baby food and treats for toddlers, including Blueberry-Banana Yogurt and Lentils With Lovely Potatoes for baby and Butternut Squash and Spinach Lasagna, Banana Pops and Cheesy Broccoli and Potatoes for the toddler years. Original.



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