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Lorraine Kelly's Baby and Toddler Eating Plan: Over 100 Healthy, Quick and Easy Recipes

By Lorraine Kelly, Anita Bean

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Lorraine Kelly's Baby and Toddler Eating Plan: Over 100 Healthy, Quick and Easy Recipes, Lorraine Kelly, Anita Bean, As parents, we play an enormous role in shaping our children's attitude to food, and we'd all love to instil healthy eating habits in them from as early an age as possible. But I know from my own experiences as a mum that providing children with nutritious, tasty and easy-to-make meals - often on a budget - is no easy task. That's why I've joined forces with leading nutritionalist Anita Bean to create more than 100 delicious but simple recipes to make your life easier and to help you give your child a healthy and balanced diet. There are loads of ideas in this book for feeding babies and toddlers alike, as well as meal planners to take the stress out of feeding your child. For this revised and updated edition we've also come up with lots of fun new ideas for children's party food as well as inspiring suggestions for lunchboxes and healthy treats and snacks. I hope these recipes will prove as popular with your children as they have with mine.



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