



# **Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents**

*Cynthia Lair*

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## **Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents** Cynthia Lair

This fully revised and updated edition of the best-selling cookbook, including 45 new recipes, shows parents how to make nutritious meals for the whole family, including babies and young children.

For over 15 years Cynthia Lair's classic cookbook has been the source for parents who want to cook one healthy meal for the entire family, including babies. With more than 200 recipes this revised fourth edition teaches the basics of understanding a balanced whole-foods diet, from grains and beans to meat, dairy, fruits, and vegetables. Lair includes information on breastfeeding, beginning babies on solid foods, food allergies and intolerances, raising healthy eaters, and the importance of sharing nourishing meals as a family. In each recipe Lair offers instructions on how to adapt meals so that babies who are just starting solids, as well as older babies, can enjoy the dish, while children and adults eat a more complex version to satisfy their palates. All recipes use easy-to-find ingredients, are simple to follow, and will be enjoyable for the whole family.

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