



The Petit Appetit Cookbook: Easy, Organic Recipes to Nurture Your Baby and Toddler

Lisa Barnes

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In *The Petit Appetit Cookbook*, mother and professional cook Lisa Barnes offers a healthy all-organic alternative to commercially processed, preservative-filled foods to help create delicious menus, nurture adventurous palates, and begin a lifetime of positive eating habits for children.

Includes:

- 150+ easy, fast, child-tested recipes for ages 4 months to 4 years
- Mealtime solutions for even the most finicky eaters
- Nutritional information for each recipe
- Time-saving cooking techniques
- The right age- and stage-appropriate food choices
- How and when to introduce solids to baby's diet
- Adapting family recipes for young children
- Recognizing signs of food allergies and intolerances

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