



# Easy Meals for Babies & Toddlers

*Deirdre Randall*

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# Easy Meals for Babies & Toddlers

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## **Easy Meals for Babies & Toddlers** Deirdre Randall

The feeding of babies and toddlers is an area of concern to most parents. Buying readymade meals can be expensive and leave you wondering if your child is on a nutritionally balanced diet without colorants and additives. Deidre Randall has the panacea for all your concerns. Now in its third edition and updated to reflect current thinking, Easy Meals for Babies & Toddlers provides: \* over 150 easy recipes and ideas to give your child a healthy start \* imaginative, fun suggestions for serving appetising meals, bulk cooking and freezing \* cooking for allergic or sick children \* advice on coping with reluctant eaters \* a practical guide to nutrition, weaning, menu-planning and foods to avoid.

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