



# **The Big Book of Recipes for Babies, Toddlers and Children: From First Foods to Starting School (The Big Book Series)**

*B. L. Wardley, Judy More*

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## **The Big Book of Recipes for Babies, Toddlers and Children: From First Foods to Starting School (The Big Book Series) B. L. Wardley, Judy More**

The essential cookbook for children aged 0-6 years. With 365 delicious, inventive and nutritionally balanced meals, this is the only baby and toddler recipe book you will ever need. Every recipe is quick and easy to make (no complicated measurements or methods), and guaranteed to leave clean plates. Includes a selection of weekly meal planners to help you shop and plan ahead. Features a symbol system to show key nutrients and allergy hazards, as well as at-a-glance information on preparation times and storage advice. In *The Big Book of Recipes for Babies, Toddlers & Children*, expert paediatric dietitians Bridget Wardley and Judy More present a delicious food idea for every day of the year.

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