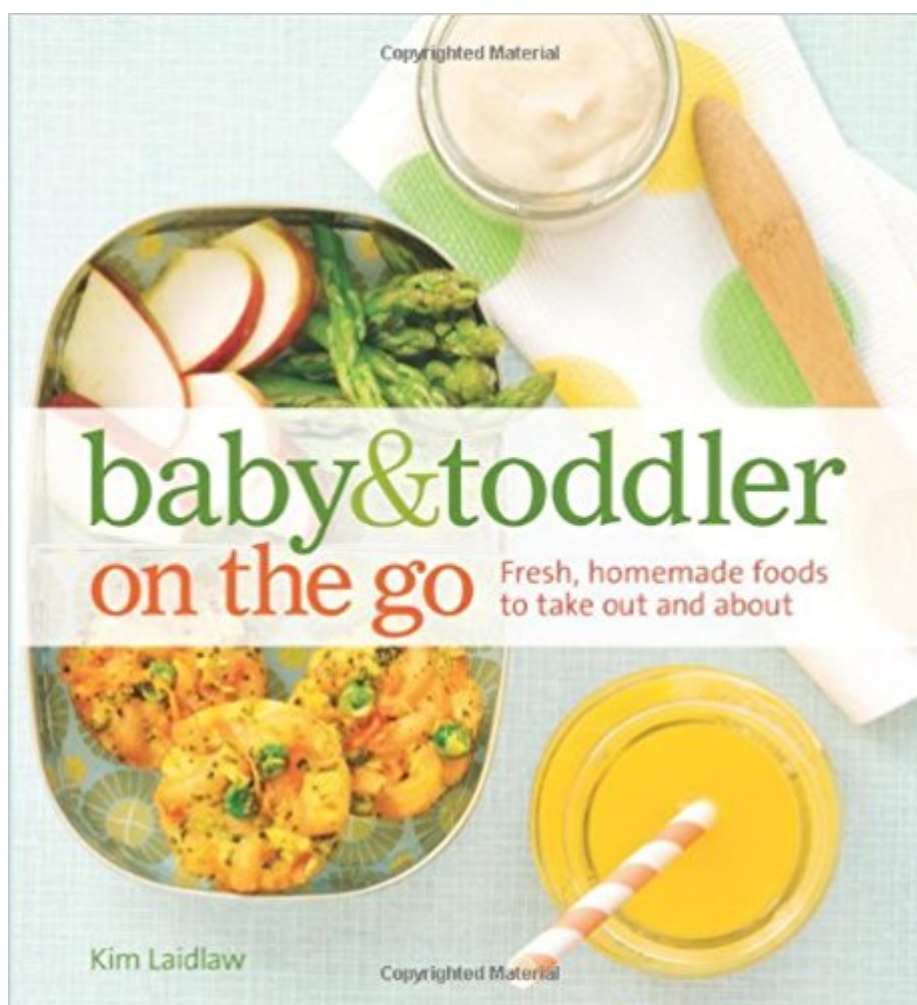


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# Baby And Toddler On The Go Cookbook: Fresh, Homemade Foods To Take Out And About



## Synopsis

Whether you are at home, in the park, on an airplane, or anywhere in between, feeding your child wholesome meals is deliciously possible, even on a busy schedule. Feeding your baby or toddler a healthy homemade meal while you are on the go may seem like a daunting task, but with the easy-to-prepare recipes and guidance found in this cookbook, you can make it happen without a lot of time spent in the kitchen. Life is busy, especially with a little one in tow, and it doesn't leave much time to plan, prep ingredients, and prepare wholesome meals that are easy to take along, whether you are traveling by car or plane, heading to daycare or the park, or simply running errands. The more than 75 wholesome, yummy recipes found here, plus loads of tips and tricks for planning, prepping, cooking, packaging, and feeding, will set you up for any situation. *Baby & Toddler On the Go* takes you through each stage of eating, from introducing purees at 4 to 6 months, to bite-sized mini meals packed with nutritious ingredients by 12 months, to sandwiches and finger foods appropriate for toddlers 18 months to 3 years and beyond. Plus, nearly all of the recipes found here can be made in advance and stored in the freezer, meaning that you can have a array of different meals at your fingertips, anytime. So, no matter where you are, it's possible to feed your child tasty meals and snacks that are sure to elicit a smile. Selected recipes include: -steamed veggies puree -spinach and cheese frittata bites -pesto and mozzarella sammies -mini pita pockets -fruit and vanilla yogurt dip -savory mini corn muffins

## Book Information

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## Customer Reviews

Does she enjoy whipping up meals for her tot? This new cookbook from food writer Kim Laidlaw will

make her day. (People.com)Baby and Toddler On The Go is a great resource for fun, healthy recipes. (DC Moms)Baby and Toddler on the Go helps you settle him down so you can all enjoy dinner. (Bay Area Bites)From mini bites to muffins, sandwiches to sushi, this book has it all. (Colorado Moms)Busy families will love this book which makes healthy eating possible just about anywhere. Filled with nutrition-packed, creative recipes (think mini muffins, quiches, salmon cakes, meatloaves and sandwiches) it can help parents raise well-balanced eaters, no matter how busy they are. (Karen Ansel, MS, RDN, CDN)

Kim Laidlaw is a cookbook editor, author, baker, and mom who has been in the kitchen since she was big enough to stir biscuit dough. She is the author of Home Baked Comfort and has worked as an editor in the cookbook world for over ten years. She was the first blogger on KQED's popular Bay Area Bites blog, which launched in 2005. Kim previously worked as a professional baker at La Farine French Bakery in Oakland, CA. She lives with her husband and their active and well-fed toddler in San Francisco. Thayer Allyson Gowdy is a San Francisco-based photographer who has been featured in numerous magazines, including Martha Stewart Living, Real Simple, InStyle Home, and Parents, and in such books as The Baby & Toddler Cookbook, Healthy Baby, and Pattern Prints. Lorena Siminovich is a designer, artist, and author originally from Buenos Aires and is now based in San Francisco. She has written and illustrated over 20 books for children, which have received praise from Parents Magazine, Pregnancy magazine and Publishers Weekly, among others. She is also the founder of Petit Collage, a line of modern wall decor and accessories with a vintage twist.

Love this book--I'm not sure why it isn't more widely available! It's full of lots of tasty to-go type food items that are mostly baked in a mini muffin pan. My one year old loves all of the muffin and meat recipes. The only drawback is that my little guy doesn't care for eggs, and this book has quite a few egg-based recipes. Would recommend this book anyway, especially if your child does not have an aversion to eggs.

This book is great! Everything I've tried has turned out great. It did take a few tries to get my 2 year old to eat some of the food but eventually she got used to it. It's so convenient to have food ready in the freezer so I don't have to worry about stopping at McDonald's in a moment of weakness. All the recipes have simple, fresh, real ingredients and she gives directions on storing and thawing. Not everything can be frozen and some recipes have to be eaten the same day. It also gave me

inspiration on how to create my own toddler meals from recipes I already use for the older people in my family.

Good book. I didn't realize how much toddlers love dip until I tried one of the recipes in this book...my daughter didn't necessarily like what she was eating but she was enthralled with the concept of dipping into sauce :) I like that the recipes in here are very simple and easy to implement with whatever I have in the kitchen (I might not have 100% exactly what the recipe calls for, but what I've got is close enough and comes out equally as good!). Very useful for helping ease the transition into toddler foods.

I was looking for a toddler cookbook and picked this one because of the mini recipe section and the great reviews. This book did not disappoint. I have many several of the recipes in this book and my daughter has liked them all. The recipes call for just a few ingredients, most of which you would probably have on hand. These are very flavorful and use spices you would not think to put in baby or toddler food. The recipes use wholesome and healthy ingredients. The author explains the best way to freeze some to have on hand at all times and how to package them for a day out. It also includes sandwiches/wraps or baby food puree for real little ones. It's great for busy moms who don't have a lot of extra time for heavy cooking, but want to make their child's healthy meals and snacks. I would highly recommend this book!

Recipes look okay but seem like a whole lot of work. If you have someone else attending to your young child so you have a lot of time to spare, then this is doable. I spent a lot of time making these snacks and my toddler threw it on the floor. If he inhaled the snacks, I would like thought the time to make them was worth it. The book is beautiful so I bought another one on for new mommy and the book came slightly roughed up.

This is an excellent cookbook for babies and toddlers with beautiful, vibrant photos and illustrations. The recipes are easy to make and encompass a wide variety of tastes, spices and textures. I'm a big fan of the "minis" chapter; I love the simplicity and efficiency of using a mini muffin pan to make a batch of little nibbles you can put in the freezer and quickly toss in a bag for an impromptu picnic or playdate. Already I've turned to it again and again to make various healthy, delicious meals for my toddler. They're just the right size for little hands, they're incredibly portable, and you can pack all kinds of veggies into them, especially the mac and cheese bites. Her current favourite are the

curried lentil-rice cakes. The spanish potato tortilla bites and arancini have also disappeared rapidly, as well as the banana muffins and fruit salad bowls. This book would make a great baby shower gift or for parents looking for ideas to move on from purées and cereals to toddler-friendly fare.

Making all of my daughter's food myself is very important to me. Also important is that she eats a varied, healthy diet that is well balanced. I was wracking my brain trying to find creative recipes after I felt I was constantly making the same kinds of things. This book was perfect! It has lots of interesting recipes that are chockfull of healthy ingredients, a lot of basic recipes that I can get creative with, and everything in between. A fabulous cookbook!

My kids and I are really enjoying this cookbook! I've made a number of recipes in here - pretty much all of the minis recipes. The muffins, the spanish tortilla bites and the various mac and cheese bites are a huge hit. The recipes aren't overly complicated and generally contain ingredients that I would have on hand (no obscure veggies or flours etc) I double (or more) the batches for my 12 month old twins and freeze most of it. I can easily pull a few bites out for each of them in the am and they're perfect for lunches (even when we're not on the go!). My only recommendation would be to get some mini-parchment paper liners.... scrubbing baked mac and cheese out of mini muffin pans is not a lot of fun, and the egg recipes are even harder to scrub out (even after hours of soaking). But once I used the liners that became a moot issue (note: I did spray the pan with oil but my pan isn't non stick it just wasn't enough and there was still a lot of sticking).

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