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Cooking Light First Foods: Baby Steps to a Lifetime of Healthy Eating

Editors of Cooking Light Magazine

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"Cooking Light", the leading healthy cooking magazine, presents "First Foods", a fresh, reliable take on feeding babies and toddlers. The movement toward making baby food, considering the quality of food given to young children, and being mindful of the impact this has on the world and a child's future health more than a trend-it's a way of life. Chapters follow the natural development of baby - from weaning to exploring new textures, to trying new foods and creating healthy food habits. Carolyn Williams, registered dietician and mummy to a growing toddler, developed each recipe and shares her expert advice in the pages of "First Foods". Each recipe - from baby's first tastes of Blueberry-Banana Yogurt or Lentils with Sweet Potatoes to a toddler's meal of Cheese Broccoli and Potatoes or Butternut Squash and Spinach Lasagne to snacks such as Banana Pops and Avocado Yogurt Dip is dietician created "Cooking Light" Test Kitchen tested, and baby approved. A special panel of babies and toddlers tasted each recipe, giving these dishes road-tested appeal.

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