



Baby and Toddler On the Go Cookbook: Fresh, Homemade Foods To Take Out And About

Kim Laidlaw

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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

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Charlotte Cooper:

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