



# Little Foodie: Baby Food Recipes for Babies and Toddlers with Taste

By Michele Olivier, Sara Peternell

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**Little Foodie: Baby Food Recipes for Babies and Toddlers with Taste** By Michele Olivier, Sara Peternell

A Red Tricycle 2015 Best Cookbook for Babies

This playful cookbook helps parents prepare a culinary adventure for the newest eater in the family. Baby food chef and founder of the beloved blog Baby FoodE, Michele Olivier, shows you how to raise a food lover by making delicious, healthy food for your baby and toddler—regardless of how much time you have (and how little sleep you're getting). From memorable first purees to toddler finger foods, these dishes are ones the entire family will love.

Roll up your sleeves and start thinking beyond the baby food aisle, with :

- Over 100 baby food recipes designed to move your little ones from purées to solids

- Answers to frequently asked questions for all stages of infancy and toddlerhood

- The lowdown on food allergies

- Fun beverage pairings for the grown-ups

- Over 45 beautiful and enticing full-color photos

Here's what's on the menu for your little foodie:

Apple + Mint + Ricotta Purée / Fennel + Pea + Peach Purée / Pumpkin + Thyme Purée / Sesame Tofu Sticks + Peanut Sauce / Curried Egg Finger Sandwiches + Mango Chutney / Slow Cooker Chicken Tagine + Couscous / Sausage + Kale Over Creamy Polenta / DIY Toddler Sushi Bar, and more

Consider yourself warned: your child's first words might just be "More, please."

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### Editorial Review

Review

“...we love Olivier’s depiction of a foodie superhero – an adventurous eater who isn’t afraid to at least taste everything, and her cookbook features awesome tips for turning your tiny taster into a true food lover.

Why You Should Buy It: Olivier recognizes that parents need to eat too, and includes fun drink pairings for the grown-up set. It’s truly a cookbook for the whole family.” — Red Tricycle

#### &nbsp;What Parents are Saying about Michele Olivier and *Little Foodie*:

I've tried almost all the recipes and my 9 month old loves them all. She never wants to leave her high chair. I've searched all over the internet and yours is the best that I can find. I bought your cookbook and am cooking and freezing like crazy. I am so proud that my daughter loves all the food and that I am able to make it for her. - Mandy L.

Just bought your cookbook and made this recipe first. I didn't know it was possible for my daughters mouth to open as wide as it did. Huge hit!! Your recipes are hands down the best and most creative I've found. Here's (hopefully) to little foodies in the making! - Therese H.

My baby went crazy over this (roasted banana + rosemary puree) this morning. So far he has been a very good eater, even eating all of his zucchini (which was the one I was most worried about), but he lovveeeeeeed this puree. And I admit, after tasting a little when I was checking the temperature, I almost ate it myself.... - Ashely O.

Okay. What magic do you possess?!? Just kidding, but seriously my 1 year old likes this! I have NEVER been able to get him to eat a baby food with beef, homemade or store bought. I was totally skeptical but he's liked your other recipes I've tried. And he ate it. I still can't believe it. You are my hero. -Brandi

About the Author

**Michele Olivier** is a mother of two and the founder and author of the popular baby food blog *Baby FoodE* (babyfoode.com). Her recipes have been featured online on BuzzFeed, PopSugar, Red Tricycle, and Daily Parent, among others. She and her family live in Denver, Colorado. For more recipe inspiration and photos, follow her on Instagram @babyfoode and facebook.com/babyfoode.

**Sara Peternell, MNT**, is a nutrition therapist who works with clients primarily for fertility, pregnancy, and postpartum nutrition, as well as in the area of nutrition for young children. She is also an instructor at the Nutrition Therapy Institute. Sara, her husband, and their two children live in Denver, Colorado. To learn more about her practice, visit sarapeternell.com.

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