

Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents

By Cynthia Lair

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Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents By Cynthia Lair

For nearly 15 years, Cynthia Lair's iconic cookbook Feeding the Whole Family has been the source for parents who want to cook one healthy meal for the entire family, including babies. Feeding the Whole Family starts with the basics of creating a whole foods diet, from understanding grains and beans to determining what meats are acceptable to eat. Lair then applies these lessons to cooking for young children and babies aged six months and older. In each recipe, Lair offers special instruction on how to adapt it so that younger children can enjoy the dish while parents can eat a more complicated version. All recipes utilize easy-to-find ingredients, are simple to follow, and will be enjoyable for both child and parent. With a new foreword by Mothering magazine's editor and founder Peggy O'Mara, Feeding the Whole Family is a necessary staple for all families.

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Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents By Cynthia Lair Bibliography

- Sales Rank: #479778 in Books
- Brand: Lair, Cynthia/ O'Mara, Peggy (FRW)
- Published on: 2008-01-15
- Released on: 2008-01-15
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .67" w x 7.20" l, 1.13 pounds
- Binding: Paperback
- 320 pages

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Editorial Review

Review
"This book is a great educational resource for a unique approach on cooking for your family. Lair, once a nutrition counselor, walks you through her simple recipes that every member of your family will enjoy, as well, provides nutritional information for healthy eating. In every recipe, she offers suggestions on how to prepare the dish so that younger children can enjoy the meal with a quick alternative to the parents more sophisticated version. The recipes are creatively written, with beautiful illustrations."
—*Local Haven*

“A must-have for the family kitchen.”
—425 Magazine

“It feels good to nurture your family with a homecooked meal, and the new, revised edition of *Feeding the Whole Family* from Cynthia Lair is full of recipes to inspire you.”
—Colorado Parent

“A classic family favorite…satisfying even the pickiest of eaters.”
—ParentMap

“Enormously helpful in the kitchen.”
—Soule Mama

“This fully revised update of a classic title is an excellent primer for whole-foods cooking at home.”
—Booklist

“A spectacular chef.”
—Art Zone with Nancy Guppy

“Cozy up.”
—Bainbridge Island Review

“Nourishing meals.”
—Seattle Times

About the Author
Cynthia Lair's work has appeared in national magazines including Mothering. A popular teacher of cooking classes at Sur Le Table and elsewhere, she lives in Seattle. Peggy O'Mara lives in TK.

Users Review

From reader reviews:

William Deck:

The book Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents make you feel

enjoy for your spare time. You can utilize to make your capable more increase. Book can being your best friend when you getting strain or having big problem using your subject. If you can make reading a book Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents to become your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about a few or all subjects. It is possible to know everything if you like available and read a guide Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents. Kinds of book are several. It means that, science e-book or encyclopedia or others. So , how do you think about this reserve?

Christina Lazarus:

Reading a publication tends to be new life style on this era globalization. With examining you can get a lot of information that will give you benefit in your life. Along with book everyone in this world may share their idea. Books can also inspire a lot of people. Lots of author can inspire all their reader with their story or perhaps their experience. Not only the storyplot that share in the publications. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors on earth always try to improve their talent in writing, they also doing some analysis before they write with their book. One of them is this Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents.

Maureen Bonds:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents, you may enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its referred to as reading friends.

Michael Green:

As a scholar exactly feel bored to reading. If their teacher questioned them to go to the library as well as to make summary for some e-book, they are complained. Just tiny students that has reading's heart or real their leisure activity. They just do what the professor want, like asked to go to the library. They go to there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important for you. As we know that on this age, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents can make you really feel more interested to read.

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