



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

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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:

Bradley Loy:

This *Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents* book is absolutely

not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this guide incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This particular Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents without we recognize teach the one who studying it become critical in pondering and analyzing. Don't possibly be worry Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents can bring any time you are and not make your handbag space or bookshelves' come to be full because you can have it inside your lovely laptop even mobile phone. This Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents having excellent arrangement in word and also layout, so you will not experience uninterested in reading.

Reginald McDade:

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Leslie James:

A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent 24 hours a day to reading a book. The book Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents it is extremely good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy often the e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book offers high quality.

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