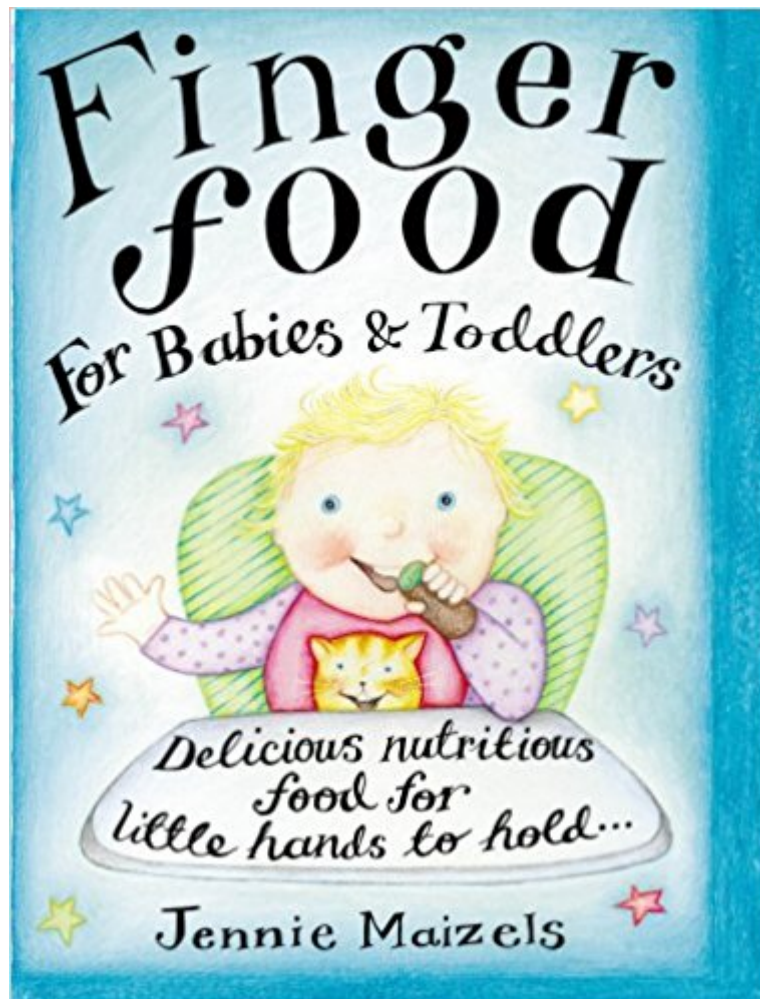


The book was found

Finger Food For Babies & Toddlers: Delicious Nutritious Food For Little Hands To Hold



Synopsis

Faced with a perpetual mealtime battle with her baby Millie, Jennie Maizels discovered it wasn't that Millie did not want eat, she just didn't want to be spoon-fed by anyone else. Faced with this independence, Jennie Maizels was forced to dream up ideas for foods that Millie could hold, like a mini pizza or a rice ball, until she was able to feed herself, and life became simple again. But all babies go through a stage when finger-held foods are the best way to feed them. Jenny Maizels has come up with a beautifully illustrated book using a wide range of healthy ingredients, cooked and uncooked, hot and cold, savoury and sweet.

Book Information

Hardcover: 96 pages

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Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #1,387,438 in Books (See Top 100 in Books) #187 inÂ Books > Cookbooks, Food & Wine > Special Diet > Baby Food #2854 inÂ Books > Parenting & Relationships > Parenting > Early Childhood #3381 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

This book is a fantastic resource, especially for those who want to follow the increasingly popular "Baby-Led Weaning" method, which bypasses pureed/mashed foods altogether and goes straight to finger-foods. Do look into BLW (which is a wonderful thing, by the way, and such a time-saver!), but if it isn't for you and you'd rather go the traditional route with purees, wait until you introduce finger foods to go for this book. It *is* written by a British author but the ounces/grams conversions are present and using weights is, in my opinion, easier than cup measures so long as you invest in a kitchen scale, which you can find on for less than \$15, or use a home postal/diet scale. I haven't found a recipe in this book that my son hasn't liked, and while you may need to search a little for American equivalents to the British versions in a very few of the recipes, it's full of healthy, easy meal ideas that all either are vegetarian or can be modified to be vegetarian. The book was a

fantastic help to me when I was scrambling to find quick meals for a hungry baby!

I got this book because it was recommended to me by a friend. I love it and find it quite useful. I have to say that the brownie recipe is to die for and I recommend it for adults as well. Also, it is a book from the UK, but it's not so hard to follow the recipes using Ounces. I mean 1/4 cup is 2 fluid ounces and 1 cup is 8 ounces... go from there. Or invest in a scale, it's the best weigh to bake anyway.

I've just started Baby-led Weaning with my 6 month old [check out Gil Rapley's book "Baby-led Weaning"] and she has been eagerly tucking in to steamed zucchini, roasted sweet potato, grape halves and just about any fruit or vegetable I can fashion into a "finger". After reading this book I've been inspired and have now started experimenting with other things....like pita pockets stuffed with mashed potato, lentils and spinach. And she loved them! I've tried the fishcakes and the samosas [we both liked them!] and can't wait to try some of the other things. While some of the recipes are more suitable for toddlers, there are PLENTY of things in this book for babies. The author also clearly indicates that salt, honey and nuts should be left out of the recipe for babies under one and of course you could improvise if you're worried about gluten or dairy intolerance. I highly recommend this book for parents who believe mealtimes should be a fun and positive experience for children.

Much of the ingredients described in the book are UK-specific, so without a good translator (and the ability to find foods that aren't widely available in the US), it's of rather limited utility in the US. Probably a great book if you're in the UK though.

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