



# Organically Raised: Conscious Cooking for Babies and Toddlers

*Anni Daulter, Shanté Lanay*

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## **Organically Raised: Conscious Cooking for Babies and Toddlers** Anni Daulter, Shanté Lanay

A cookbook with a conscience, *Organically Raised* by Anni Daulter with Shanté Lanay shows parents how to replace bland processed shelf staples with flavorful, pesticide-free meals that babies will love, laying the groundwork for a lifetime of good nutrition and enthusiastic eating.

*Organically Raised* shows families how easy it is to make safe, wholesome food at home and create lasting family mealtime rituals. The simple, seasonal purées for new babies and inventive recipes from around the world for toddlers and young children provide parents with all of the tools they need to raise adventurous eaters.

The cookbook also includes important information about nutrition for children, common food allergies, a handy feeding journal, and inspiring "Mama Mantras" to help parents prepare meals that nurture their children's bodies, minds, and spirits. With photographs featuring delicious, healthy baby food and recipes that focus on a few basic fresh ingredients, *Organically Raised* makes cooking for babies and young toddlers easy and appealing to even the most inexperienced cook.

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