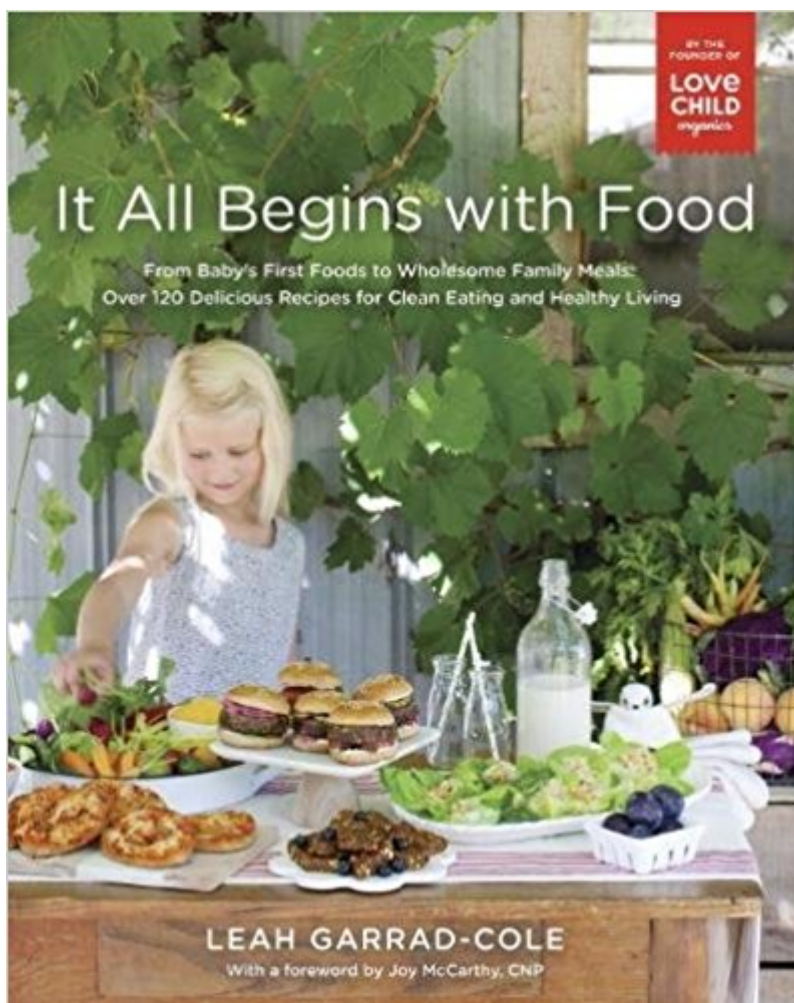


The book was found

# It All Begins With Food: From Baby's First Foods To Wholesome Family Meals: Over 120 Delicious Recipes For Clean Eating And Healthy Living



## Synopsis

From Leah Garrad-Cole, founder of the prominent Love Child Organics brand of baby and children's foods, comes an all-occasions first book of recipes and parent-tested advice on how to feed your children wholesome and delicious foods that the entire family will enjoy. *It All Begins With Food*. That's the Love Child Organics motto, a philosophy that was born of the desire to provide delicious and nutritious foods for babies and children and to encourage a lifelong love of healthy eating. Leah Garrad-Cole's cookbook expands on this mission, providing simple-to-make, healthy recipes for everything from baby foods to baked goods, and finger foods to family meals. You'll find inspiration for preparing the everyday essentials--breakfast, lunch, and dinner--and innovative ways to create healthier versions of processed foods and celebratory treats for special occasions, as well as tips on stocking your pantry so you're ready for anything. ã Â ã Â ã Â ã Â ã Â ã Leah's own experiences as a mother and special education teacher have taught her how and what kids like to eat best. With an unwavering focus on replacing ingredients that have little nutritional value with ones that are nutritionally dense, the book includes a range of delicious recipes, from Cheesy Veggie Mash, Roasted Sweet Potato Fries, Mini Baked Frittatas, and Chunky Chicken Noodle and Superfood Soup, to Overnight Strawberry Cocoa Oatmeal, Omega Monkey Milkshake, and Raspberry Vanilla Heart Cookies. Leah also provides recipes for supermarket favorites, like Cheesy Little Crackers, allowing families to consume homemade versions of everyday staples without having to spend too much time in the kitchen. Her adaptable, easy-going recipes and tips will be invaluable to anyone with young children. ã Â ã Â ã Â ã Â ã Â ã Packed with vibrant photography, up-to-date information, and practical advice on how to encourage healthy family eating, this book will quickly become a go-to guide for cooking with love: of food and family.

## Book Information

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Food & Wine > Special Diet > Cooking for Kids #81 in [Books > Cookbooks, Food & Wine > Special Diet > Baby Food](#) #1236 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

"I wish I had had this book when I was introducing foods to my daughter. Joy McCarthy, CNP, holistic nutritionist and author of Joyous Health "Jam-packed with nutrient-dense, whole-food recipes and essential tips for stocking your pantry with clean, nutritious ingredients. A must-have resource for parents who want to shop for and prepare delicious, nourishing meals for their young children (and themselves!)."

• Leslie Beck, registered dietitian, Globe and Mail columnist, and best-selling author "Packed with real meals using wholesome, everyday ingredients, It All Begins with Food makes healthy cooking simple and scrumptious, even for picky eaters! It's a gorgeous book and a great resource for all parents hoping to instill positive eating habits in their children. I'd sure love to be a kid at Leah's house!"

• Greta Podleski, best-selling cookbook author, Looneyspoons "An essential cookbook for all parents. From figuring out what those first spoonfuls should be to making easy, healthy bites for toddlers, feeding little ones can be daunting. Leah takes the stress out of it all with her understanding of nutrition and food and, most of all, her love of family."

• Ceri Marsh and Laura Keogh, The Sweet Potato Chronicles "Eating, and especially making, clean, wholesome food can be a challenge! It All Begins with Food takes that challenge and runs with it, offering easy, fun, and dynamic wholesome family-friendly recipes. This isn't just a cookbook, it's a way of life!"

• Catherine McCord, founder of Weelicious and One Potato "I'm not surprised by the excellence of this book. I invested in Leah because she combines tremendous talent with a passion to make a difference. I'm so glad she came on Dragons Den."

• Dave Chilton, author of The Wealthy Barber

LEAH GARRAD-COLE is the founder of the highly successful Love Child Organics brand of baby and children's foods. An entrepreneur, mother, and former special education teacher, Leah currently resides in Whistler, BC with her husband and two young children.

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