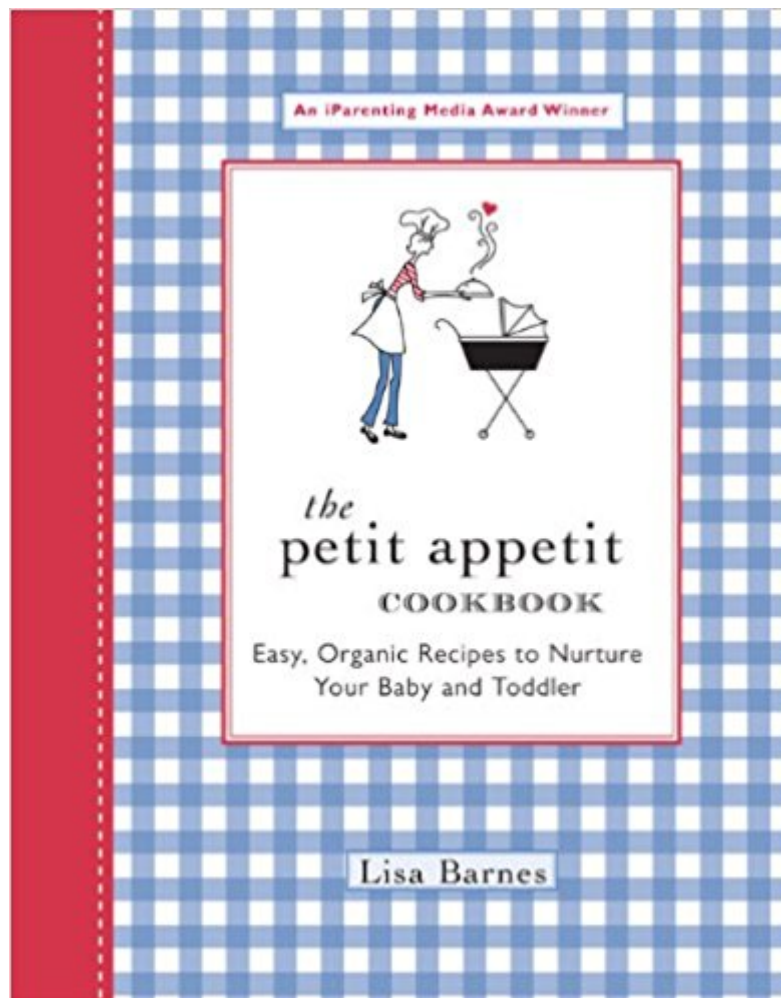




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# The Petit Appetit Cookbook: Easy, Organic Recipes To Nurture Your Baby And Toddler



## Synopsis

In The Petit Appetit Cookbook, mother and professional cook Lisa Barnes offers a healthy all-organic alternative to commercially processed, preservative-filled foods to help create delicious menus, nurture adventurous palates, and begin a lifetime of positive eating habits for children. Includes: 150+ easy, fast, child-tested recipes for ages 4 months to 4 years Mealtime solutions for even the most finicky eaters Nutritional information for each recipe Time-saving cooking techniques The right age- and stage-appropriate food choices How and when to introduce solids to baby's diet Adapting family recipes for young children Recognizing signs of food allergies and intolerances

## Book Information

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## Customer Reviews

Lisa Barnes is the founder of Petit Appetit, a cooking service devoted to infants and toddlers. She is a member of the American Personal Chef Association and a Certified Safe Food Handler. She teaches in-home private cooking classes throughout Northern California.

i got this and baby blender foods from the local library before i purchased either one of them. at first i liked the baby blender foods better. it seemed more down to earth, more what i would expect. i wasn't thrilled with the petit appetit. it seemed a little haughty to me. but when the time came to make a copy or two of recipes that i wanted to test drive, i found i was pulling more out of the PA than the other one. the recipe that especially impressed me was the egg free milk free pancakes

(which i just made and our daughter gobbled them up). baby blender foods is a good typical baby food cookbook. it delivers everything you would expect. you could find the same material for free at [...] PA on the other hand has a much more diverse menu. It also goes beyond just the basics of what teh y can have, but it says what is in each recipe, if it is vegetarian or vegan, wheat free, egg free, etc... And (this is what also sold me) it follows the feeding schedule for the baby not just up until 12 months but up to four years! It really takes you beyond the jarred food and the good old stand bys. It does say use all organic and free range whatever... and realistically we can't all afford to. At first i thought it was a bit snobby. If i could afford it, i probably would. but it's not always possible. so if you can get past that and just understand that replacements are totally doable, then you'll be fine.

My daughters pediatrician recommended this book for making her baby food. The recipes were easy to follow and my daughter loved them. I love this book and will be passing it on to my new mommy friends.

I already had Super Baby Food at home for my 2nd child. It's a good book, but I wanted to find some other baby food recipes to make for my 3rd child. I purchased both Blender Baby Food and this book, The Petit Appetit. I enjoy both books, however I am very impressed with the details that this author, Lisa Barnes, goes into. She talks about food safety, nutrition, the benefits of homemade vs. store bought, organic foods, and other good topics. The chapters are divided into the ages/stages when certain foods can be introduced. She also has some great recipes that I can't wait to try. My son is only 9 weeks old now, so he's not quite ready to begin sampling these great foods, but I figured that summer is the perfect time to catch foods at the farmer's markets while they are in season and at their freshest. I can start making, freezing and perhaps even canning some of the recipes so that they are ready when my son is ready. This book is a great resource to have at home. Don't be afraid to try making your own baby food. With my first child, I remember standing in line at the grocery store lining the conveyor belt with tons of jars of food. I never thought that I could make my own food. Between that time and the birth of my second child, I started down the organic road and realized I could make my own food. "Duh! What did people do years ago before jarred baby food!" I thought to myself. It really is easy to do but it just takes time. If you're willing to take that time, you'll benefit from buying this book!

I recently purchased this book along with another like it and have found this one to be my favorite!

How easy is it to make your own babyfood? Well, if you can make a grilled cheese, you can make your own baby food with, just as the author states, pretty much stuff you probably already have in the kitchen! The introductory chapters provide a good deal of information on knowing when to start your baby on solids, differentiating the various definitions of organic goods and what not to feed (and why) just to name a few topics. The recipes are divided up into feeding stage appropriate sections with both fruits and veggies listed as pediatricians often differ on which one should be started first. The recipes themselves are super easy and while my daughter is trying to figure out whether or not she likes certain things, I find the taste of some of the foods to be pretty pleasant. As far as cost savings. I prepared an apple puree the other day with 3 lbs of organic red delicious apples (\$3) and ended up with probably \$20 (if I had to purchase) in food and it took very little time!

I bought this book in 2008 for my first baby and have been using it since. I discovered how to make my own purees and how delicious they taste fresh (versus from a jar). I've also discovered unique recipes that my baby loved such as the cottage noodles which combines noodles with cottage cheese and cinnamon. It sounds odd but even I enjoyed it. But I think by far the most used recipe is the Lentil Veggie Stew. I make it as a family dinner and everyone enjoys it. I recently bought *Baby Love: Healthy, Easy, Delicious Meals for Your Baby and Toddler* which also has a lentil soup recipe but it doesn't even compare. Lisa's soup recipe totally rocks! We now have Baby #2 and I'm going through the cookbook to see what will appeal to his taste buds...

I've had this book for a year now, and while I haven't tried every recipe yet, the ones I have made have quickly become favorites. Wheat germ cookies, spinach pesto, tofu fries, eggplant rounds...my son has eaten anything I've cooked from this book! The recipes are simple and straightforward, and my husband and I find them delicious as well! It's helped us create family dinner time with our 19 month-old and helped him start healthy eating habits. It can take up to seven or eight tries of offering a baby a new/different food for him to give it a chance and like it, so if your little one turns up his nose, don't give up - and let him see you eating it! With this book you can make healthy, simple meals for the whole family and help your little one love fruits and veggies!

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