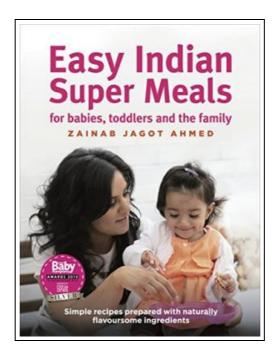
# Easy Indian Super Meals for babies, toddlers and the family: new and updated edition (Hardback)



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Ebury Publishing, United Kingdom, 2017. Hardback. Condition: New. New and updated ed. Language: English. Brand New Book. Zainab Jagot Ahmed is an exciting new voice in parenting offering a fresh perspective on weaning and how to encourage all children to love their food. Ahead of her brand new must-have cookbook for parents, The Flavour-led Weaning Cookbook (spring 2017), Ebury Press are excited to publish a revised and updated edition of her award-winning Easy Indian Super Meals. Easy Indian Super Meals takes flavour-inspiration from Indian home-cooking, combining ingredients naturally full of goodness - Super Foods - with ingredients naturally packed with flavour - Super Spices - to create simple, super-delicious recipes suitable for children from 7 months old. Adding toddler-friendly spices to your child s meals is a fantastic way to encourage them to love their food. Oregano and mint, nutmeg, cinnamon, turmeric and ground cumin, for example, add delicious flavour fast and offer natural health benefits too. Watch your child happily munch their way through Mint and Coriander Veggie Stew, Creamy Sweet Potato Dream or Saffron Date Kheer (creamy rice pudding), looking forward to every mealtime and each new food you share with them. There is no added salt, sugar or chillies in sight as all recipes adher to the UK Department of Health s guidelines for weaning and beyond.



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