



# River Cottage Baby and Toddler Cookbook

*Nikki Duffy*

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## **River Cottage Baby and Toddler Cookbook** Nikki Duffy

'This is a book about feeding children, but these recipes are for adults too. I don't think there should be any sharp distinctions between 'baby food', 'children's food' and 'grown-up food'. It's a spectrum the whole family can be on, the food each person eats becoming a little more sophisticated and seasoned as they mature.'

Nikki Duffy brings the River Cottage ethos to feeding children, and shows that it's never too early to involve the youngest family members in mealtimes. Her delicious seasonal purées and simple, wholesome recipes put the needs and wants of babies and toddlers first, whilst offering up dishes that will delight adults too. With clear advice on nutrition and weaning, *The River Cottage Baby & Toddler Cookbook* is the perfect starting point for your child's great food adventure.

Start the day with breakfasts like blueberry pancakes, apple muesli or eggy bread, followed by simple and delicious meals like fishcakes, meatballs, shepherd's pie, home-made pizza, falafel, mackerel pâté, pea risotto or roasted fish with tomato sauce. Nice little puddings include baby baked apples with chocolate, rhubarb crumble and a classic rice pudding. With an introduction by Hugh Fearnley-Whittingstall, this book will put real food on the table for the whole family to share.

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