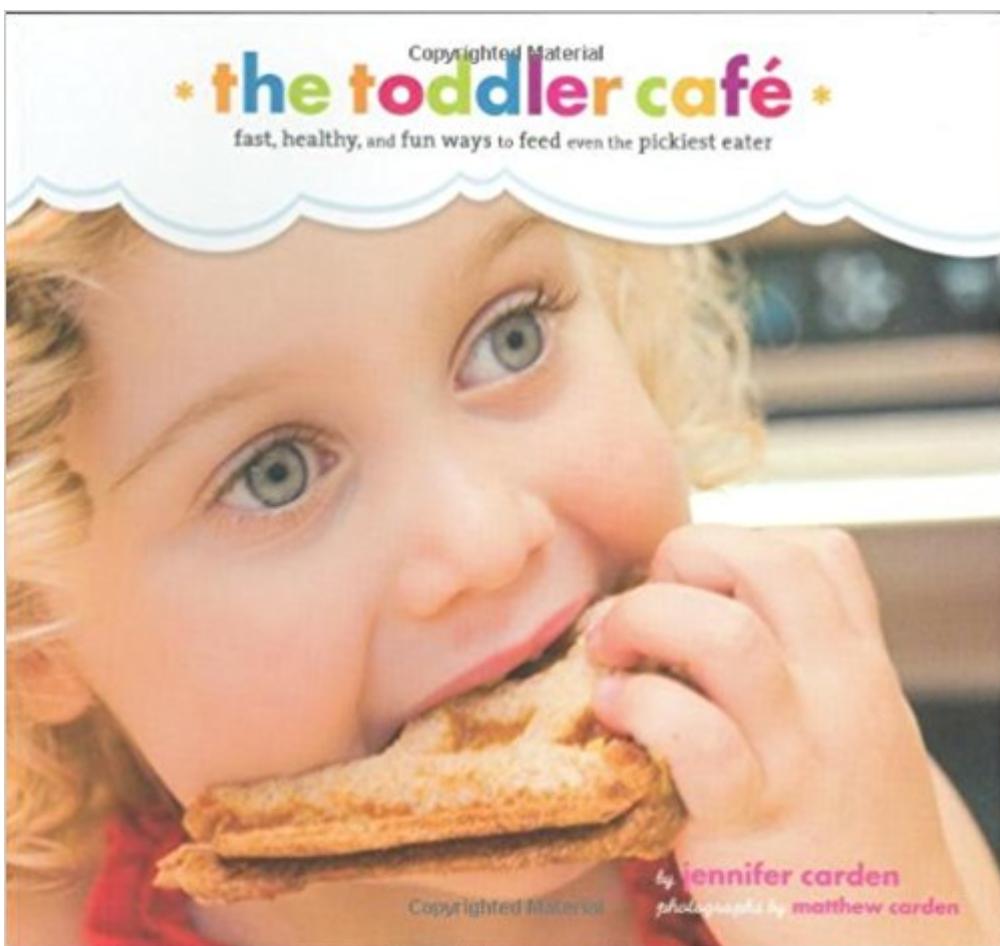


The book was found

Toddler CafÃ©: Fast, Healthy, And Fun Ways To Feed Even The Pickiest Eater



Synopsis

Every toddler goes through the stage where they want nothing but "O"-shaped cereal. The challenge for parents is getting kids to ask for fruit salad instead of cupcakes. Faced with this seemingly impossible task with her own child, Jennifer Carden has created The Toddler CafÃ©, a guide to making mealtime with children fun and interactive. It offers simple, creative ways for kids to identify with their food, like saying tuna salad is what mermaids eat, or making Minty Pea Pops in ice cube trays. Carden has created over 50 unique recipes that encourage families (including toddlers) to work together to prepare, eat, clean up, and best of all, look forward to a healthy, delicious meal.

Book Information

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Customer Reviews

"What's nice about these recipes is that they're simple to cook and grownups like them, too. Except picky ones." NY Daily News, April 4, 2008 "Finally, there's a cookbook that encourages kids to play with their food." The Times-Union, April 3, 2008 "There are so many really cool recipes inside this book that will wow any child." BabyGear.com, May 11, 2008 "What I loved about this 50 recipe book is Jennifer's old school approach to feeding kids and getting them involved in the cooking process. The recipes are straightforward and they are things that the whole family can enjoy."

Project Foodie.com, May 3, 2008 "Carden has created over 50 unique recipes that encourage families (including toddlers) to work together to prepare, eat, clean up, and best of all, look forward to a healthy, delicious meal." Stitch Lounge Blog, May 1, 2008 "The Toddler Cafe is full of great ideas to have fun with children at the table. It is a lovely gift for parents on their child's first birthday -

before picky-ness shows up. Hurray for mess!" Super Chef Blog, May 1, 2008

Jennifer Carden is an artist, chef, food stylist, and mother in the San Francisco Bay Area. She contributed to The Healthy Baby Workbook. Matthew Carden is a photographer in the San Francisco Bay Area.

A few weeks ago I ordered "The Toddler Cafe" because we were in a rut in terms of nutritional meals that were easy to feed my 16 month old. We've made a few recipes from the book and I can now safely say that it was a worthwhile purchase. The recipes are definitely on the high maintenance side, so unless you really enjoy cooking, and like meals that have a process, I would not recommend it. Two of the best tasting recipes have taken me the longest to make. One recipe that I would recommend that you double or even triple right off the bat are the "Lily Pad Pancakes". We made them one night when we were watching my son's friend and there were not enough of them to go around even after we doubled the recipe. (My husband and I got some, but definitely did not get our fill after feeding the boys.) On my birthday I made the "Treasure Triangles" so my son would have something to eat when we went out for Sushi. I have never worked with puff pastry before and that element definitely made this recipe on the high effort side of things but, my goodness, they were tasty, and my son certainly loved them. I think if you just needed to whip something up quickly you could probably skip the puff pastry and just serve the filling. The book also contains some really practical tips, one of which I had discovered before I purchased the book. When you make oatmeal for your child, throw in frozen berries or fruit. The oatmeal thaws the fruit and the frozen fruit cools down the oatmeal to a good toddler temperature. A similar tip that I learned from this book is to put frozen peas inside a baked potato to cool the baked potato off, and surprisingly, my son loves the combination. Some of the tips in terms of how to make eating the meal more fun for your child I found kind of silly and hokey, but my son is not into that quite yet so perhaps they'll come in handy when he's old enough. All in all, most of the recipes in this book are meals I can make for the entire family, and we all enjoy them, which is exactly what I was looking for in a toddler cookbook. (I'm definitely not of the "mom the short order cook" school of thought.) It is also a beautiful book, with really nice pictures, so it would make a nice practical gift.

I love this cookbook! Before I found it, I owned several books about getting toddlers to eat healthy foods. The recipes were time consuming and used expensive ingredients. Not surprisingly, my son hated everything I put in front of him. The author is very reassuring about using ingredients in

moderation, and I must say that my kiddo has gobbled up almost all of the dishes I have made from this book. Not only that, my husband and I enjoy them as well and at this point, I can make the chicken finger recipe in my sleep! The lily pad pancakes are so freaking good, that I sometimes make them just for me.

I absolutely LOVE this cookbook. I'm a foodie and love to cook (with limited time as a working mom) so I had been looking for something different that didn't simply make my 16-month toddler's food look like an animal. I wanted it to taste great so that I could genuinely expose him to new flavors and most importantly get him to eat his veggies. While not all the recipes are something you would make on a week-night, I make big batches of them on my weekend and he enjoys them all week. There is an empanada-style recipe made with black beans and bananas that is so good my husband actually requested we make it for company! There are beautiful color photos so this book is as visually appealing as the recipes are. I haven't made a bad one yet!

Some of the recipes are no-brainers that don't even belong in a cookbook (like cooking pasta and adding butter and lemon juice). Other recipes are absolutely ridiculous for a picky toddler (like microwaving frozen spinach and currents and putting a shaving of parmesan on top). Some of the veggie recipes aren't really healthy, even though they do have SOME veggies in them (like the minty pea pops--mostly cream cheese, hardly any peas). Some other recipes aren't bad, but over all, I wasn't impressed.

I bought this book about a month ago because my son, a very active 14 month old, is quite finicky. I have to admit, some of these recipes seemed a little exotic at first but my son has liked everything I've tried thus far, even recipes with peas! He really loves the pumpkin pockets, which are good enough that even the adults in the house can eat 'em, and watching him actually eager for food makes that recipe alone worth the price of the cookbook. The book even offers a twist on old favorites with stuffed french toast and waffle-maker grilled cheese. I love that he's getting exposed to more flavors and that dinner is no longer a chore. The recipes are easy and can often be made ahead of time as well, always a bonus for busy moms. Although some recipes are obviously for older toddlers, this is a great book to take a child from early exposure to food to more independent eating. I'm very glad I bought it and highly recommend it.

This book is honestly not worth it. I have a 2 year old that is an on and off eater and I was trying to

find recipes that would help encourage her to eat more steadily and to try different things (and not be difficult to make or loaded with bad stuff). This book does not have what I was looking for. And it was not easy to read - the format is more artsy than useful. I don't have time to waste! I would send this back but for the cost, it's almost not worth the time. Just not worth your time.

So far, my 12-month old has liked everything I've made from this cookbook. At her age, I would say there are only about a handful of appropriate recipes for her... but I look forward to trying others as she gets older. I've especially liked the veggie recipes (wish there were even more for veggies) because they get her to eat veggies - the boiled carrots weren't doing it for her and I was getting bored of feeding her avocado every night! Anyway, the recipes are easy to follow and come out tasty (or so I can tell, in her opinion).

Very good book we cooked lots of recipes and my child had many favourites from this book.

Actually many recipes we cooked for the all family.

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