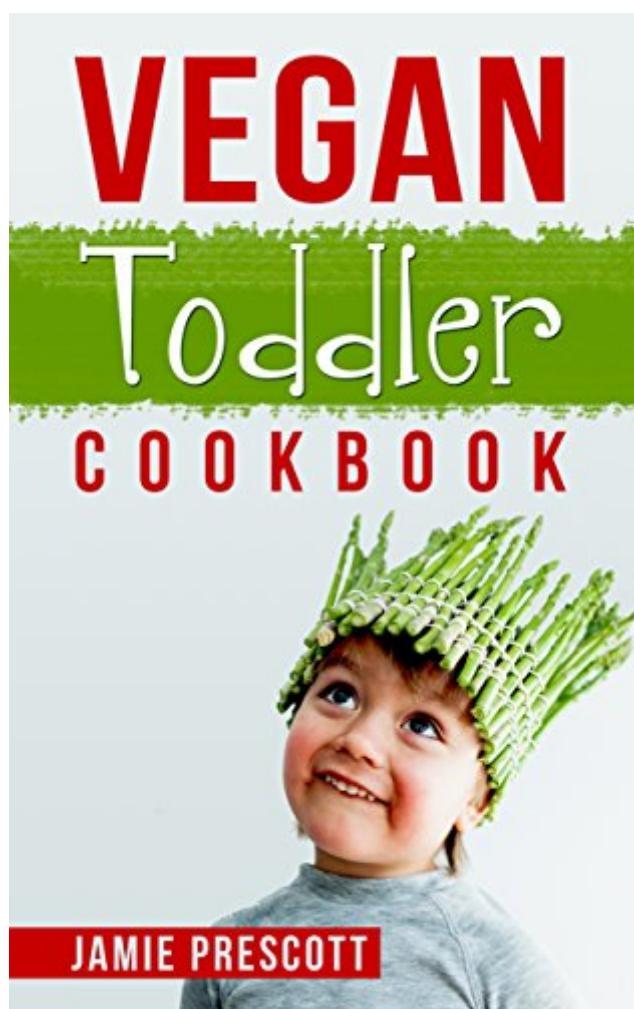


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Vegan Toddler Cookbook With 30 Simple Recipes: Perfect For Young Kids And Toddlers Above 1 Year Old These Vegan Recipes Are Quick And Easy To Make





Synopsis

NOTE: All nutritional information is included for each recipe YouÃ¢â€šâ€œd think that with all the advancements in technology, healthcare and information, parenting would have become so much easier. But it has not. New demands, changes in lifestyle, and the overly fast paced society make parenting even more challenging. In the past, the setup was simplerÃ¢â€šâ€œ the father worked and provided for his family while the mother took care of the children. Nowadays, with both parents working, raising children requires a delicate balance of time and responsibilities. Most parents would agree that it could be so much more stressful. This makes parenting difficult enough without the pressure from the society. People around you are quick to judge and question your parenting skills. Why are you doing this and that? Why are you breastfeeding your child? Why are you not feeding him with meat? And the questions go on and on. Parents who wish to raise vegan children are almost always put into the spotlight. Over the years, veganism has gradually become accepted in the society not only as a type of diet but also as a way of life. Still, many do not agree that children should be raised with a vegan diet. If youÃ¢â€šâ€œd like to introduce vegan lifestyle to your toddler, this book is your best ally. Not only will it guide you through the practical steps of raising a vegan child, it would also shed light on important matters, most especially: the safety of vegan diet for toddlers. It also provides quick, easy-to-make and simple vegan recipes that your sweet pea will surely love. This book is exactly what you need to have a stress-free journey in parenting a vegan child.

Book Information

File Size: 1662 KB

Print Length: 39 pages

Publication Date: January 26, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N7WSO4L

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #202,244 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21
inÃ  Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Baby Food #58
inÃ  Books > Cookbooks, Food & Wine > Special Diet > Baby Food #117 inÃ  Kindle Store >
Kindle Short Reads > One hour (33-43 pages) > Cookbooks, Food & Wine

Customer Reviews

amazing cookbook! There are so many great options for my daughter. The recipes are great for ensuring she gets all the nutrients she needs to be healthy and happy. Even the fussiest of eaters will love these recipes.

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