



Smart Bites for Baby: 300 Easy-to-Make, Easy-to-Love Meals that Boost Your Baby and Toddler's Brain

Mika Shino

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Even though we know that babies and children learn primarily through their senses, American babies are still eating mushy food from a jar--at a time when their brains are growing exponentially and they are most open to trying new things. *Smart Bites for Baby* offers a better approach to cooking for babies and toddlers.

Drawing on world cuisine, this cookbook includes 300 easy recipes made with nutrient-rich ingredients, such as fish, berries, and sesame. The meals emphasize color, texture, and flavor, and are proven to engage and stimulate the growing brain. Parents will also find more nutritious versions of the foods toddlers love, from mac n' cheese to popsicles. Shino's smart bites nourish the minds and bodies of our children.

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