

Recipes for Babies

40 recipes gluten-free and lactose-free

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Synopsis:

This book offers to readers 40 creative recipes especially made for babies with allergies to cow's milk and/or to gluten.

Made in partnership with La Mandorle, a brand specialized in biological green food for babies, and with the help and control of a paediatrician, recipes in this title aims at keeping a balanced diet for children from birth to 3 year-old suffering from these allergies. Everything is done so food diversification is respected, and so baby can discover multiple tastes.

This book is made in partnership with La Mandorle in France, but can be adapted if this brand is not available in your country.

The Author:

Christine Colignon-Zalejski used to work in engineering before become a mum in 2010. She decided to take a break and to take care of her son for a while. She created «Cubes et petits pois» (<https://www.cubesetpetitspois.fr/>), the first French website dedicated to babies and young children food recipes. She lived in Singapore for a few years, but is now leaving in France, near Paris.

■ Specs:

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