



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

By Mika Shino

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

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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### **Editorial Review**

#### Review

##### **Parents.com, 8/21/12**

“Mom Must Read.”

##### **Bamboo Family Magazine, 11/1/12**

“Mika Shino teaches us how to prepare foods for babies and toddlers that maximize absorption of nutrients and stimulate the senses.”

##### **Mom.me, 11/8/12**

“Not only do her recipes introduce foreign flavors to tiny tongues, but they also use nutritious ingredients important for brain function and overall growth. And hey, you might discover a new favorite food for yourself, too!”

##### **Baton Rouge Parents Magazine, November 2012**

“Parents looking to introduce their children to new foods that will stimulate their brain and make dinnertime fun will love this book.”

#### About the Author

**Mika Shino**, a chef trained at Le Cordon Bleu cooking school, is the mother of a three-year-old son and lives in Washington, DC, and Paris.

### **Users Review**

#### **From reader reviews:**

##### **Ruth Walker:**

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##### **Ronald Adams:**

Smart Bites for Baby: 300 Easy-to-Make, Easy-to-Love Meals that Boost Your Baby and Toddler's Brain can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but

still delivering the information. The article writer giving his/her effort to put every word into delight arrangement in writing Smart Bites for Baby: 300 Easy-to-Make, Easy-to-Love Meals that Boost Your Baby and Toddler's Brain yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource facts that maybe you can be among it. This great information can easily drawn you into brand-new stage of crucial pondering.

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### **Karen Johnson:**

With this era which is the greater man or woman or who has ability to do something more are more important than other. Do you want to become among it? It is just simple approach to have that. What you need to do is just spending your time not much but quite enough to have a look at some books. One of several books in the top record in your reading list is usually Smart Bites for Baby: 300 Easy-to-Make, Easy-to-Love Meals that Boost Your Baby and Toddler's Brain. This book that is qualified as The Hungry Inclines can get you closer in getting precious person. By looking up and review this e-book you can get many advantages.

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