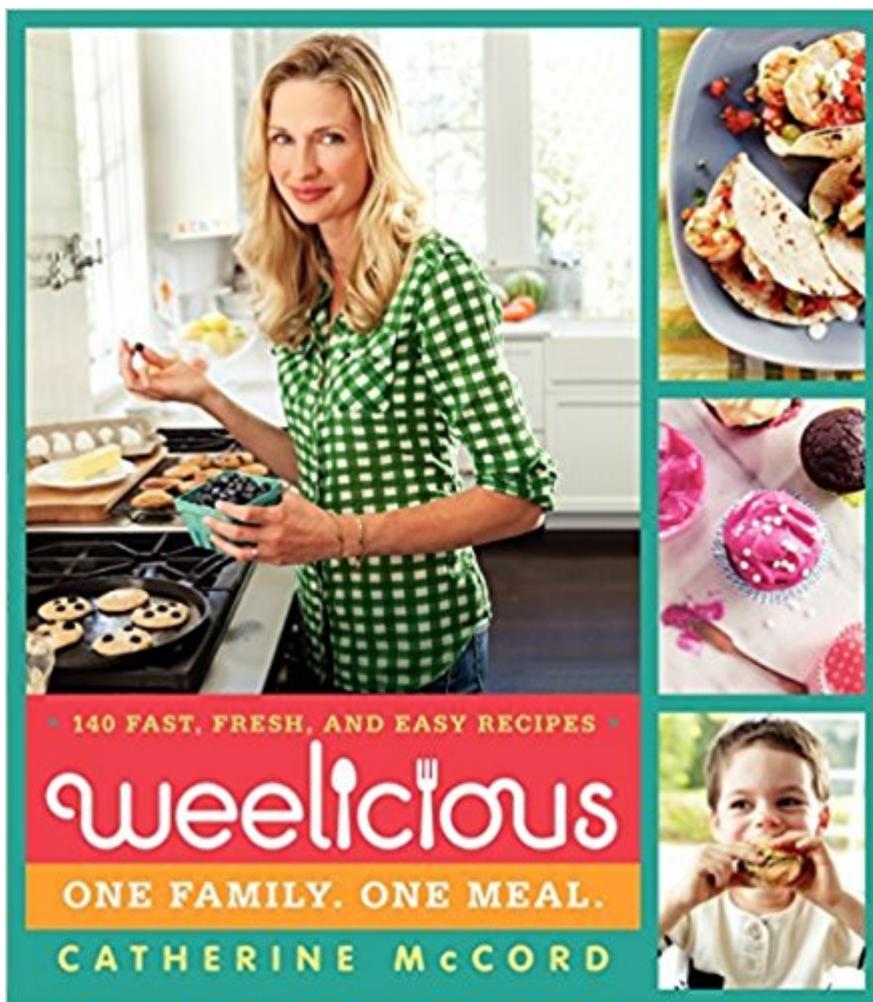


The book was found

# Weelicious: 140 Fast, Fresh, And Easy Recipes



## Synopsis

Every parent knows how difficult it is to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea • preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cooks" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore • from the most persnickety infants to the pickiest grade-schoolers.

## Book Information

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## Customer Reviews

"Catherine presents her delicious kid-friendly recipes in such a straightforward, fun, and friendly way, and Weelicious really is a one-stop shop for anyone who has little mouths to feed. Parents will love every page!" -Ree Drummond, the Pioneer Woman "I can't get enough of Catherine McCord's new book, 'Weelicious.' It has great, healthy recipes that your kids will love!" - Heidi Klum "Catherine McCord, food blogger and author of Weelicious: One Family, One Meal, wants to make kids great eaters from an early age - and make life in the kitchen easier for parents. Her book gives parents advice on how to give kids the necessary balance in their diet." - Dr. Manny, FOX News "Turns out you don't have to be cooking for little kiddos to enjoy this lovely book. Catherine McCord did such a lovely job. It transcends kid food..." -Joy Wilson, Joy the Baker "Creamy, crunchy, sweet, or

savory, these healthy munchies from food blogger Catherine McCord's new cookbook, *Weelicious: 140 Fast, Fresh, and Easy Recipes*, will match any kid's mood." -Parents Magazine "Nothing makes my kids happier than Catherine's Weelicious creations brought to life, and I'm so grateful to have the question 'What do I cook for . . .?' answered in such delicious style. *Weelicious* is a godsend •every mom needs this book!" -Jennifer Garner

Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing meals for young kids •but she came up empty. With culinary school under her belt and a hungry baby to feed, Catherine started *Weelicious.com*, a website that has since grown into a comprehensive offering of kid-friendly family meals. Complete with beautiful color photos, tips and tools, lists of pantry staples, feeding plans, and more than seventy new recipes never before seen on *Weelicious.com*, *Weelicious* makes it easy to get kids eating healthy foods from their first bite. Catherine teaches parents how to turn their kids into great eaters who appreciate food and are open to exciting new flavors. With *Weelicious* you will: •Stop being a short-order cook •whip up unique, delicious, and healthy recipes that everyone in your family, no matter what their age, will love. •Inspire your kids to eat healthfully without resorting to sneaking or trickery •discover a wealth of great tips for getting kids to eat just by paying attention to how their food is prepared and presented. •Get kids in the kitchen from day one •introduce kids to a variety of foods and include them in the cooking process to set them up for years of positive eating habits. •Shop effectively (and make it fun) •bring your kids to the farmers' market or grocery store for a hands-on learning experience when it comes to meal planning. •Give kids some choice •strategically allow them to have more input and control over what goes into their bodies so they can "own" their choices. From first-food favorites such as Sweet Potato-Coconut Puree and The Teething Cookie to family-friendly Veggie Nuggets, Rice Cooker Mac and Cheese, Chicken on a Stick, Shrimp Tacos, and Cheesy Chicken Taquitos to treats like Banana Bread Cake, Raspberry-Cream Cheese Heart Tarts, and Chocolate Velvet Beet Cupcakes, these recipes are perfect for little taste buds and sophisticated adult palates alike •and best of all, every single recipe has been created with health and wholesomeness in mind. More than just a cookbook, *Weelicious* is the ultimate cooking bible for families •a resource that will stand the test of time as the family grows!

Love this!!!! A perfect mix of ingredients even for picky eaters! Not boring, but not too crazy!!!

Seriously perfect mix!!!

Absolutely the best cookbook in my house now that I have kids. I have made most recipes in the book (have had it for a year) I think there was one recipe that wasn't a hit for the kids or family. Everything else is super tasty and super easy to use. I have since bought 3 more and given them as gifts to new parents!

As soon as I received the book, I started cooking! I made almost 11 of the baby purees for my 9 month old. She LOVES them! I tried them too and they are delicious. :-) MY 9 year old son also loved some of the purees. Our favorites seem to be the peas, banana and mint puree and the sweet potato with coconut milk. The latter is so creamy and sweet, it's like a pudding. The former, surprisingly, was delicious and the mint was great. I didn't think the baby would eat it as it could be a strong taste for a baby but she gobble it right down. The recipes are simple to make, take not much time at all and they're nutritious too. My 5 older kids are enjoying the breakfasts too. We are making the apple oatmeal in a crock pot this weekend. They all loved the chocolate peanut butter pudding too.

I stumbled onto the Weelicious blog when looking for toddler recipes and though I find the name a little annoying, I really like Catherine McCord's philosophy and cooking style. She keeps things simple and flavorful, while promoting a variety of foods, natural ingredients and healthy eating. The "Weelicious" cookbook has become a staple in my house and any time I make a really good dinner my husband looks at me and asks, "Weelicious?" My mom even ordered a copy so she could make kid-friendly meals for all the grandkids. I've given two copies as gifts and so far it has been a hit with everyone. Now I'm just desperately awaiting the release of her "Weelicious Lunches" book!! Highly recommend to anyone, especially moms who want to make homemade, healthy meals that don't require a ton of time!

Very creative ideas here! So far all recipes have been winners.

Hmm. I felt like I had to filter through a lot of the recipes because they were not truly healthy. They are probably all healthier than eating fast food or processed foods but they rely heavily on meat and dairy which we are trying to minimize in our diet (we are not vegan). I just do not think tons of

cheese is healthy. So if you are lactose intolerant, vegan, or dairy free, this is probably not the cookbook for you. Very nice pictures though.

My wife and I have been on a mission to find a cookbook that is truly about cooking for children, not just dumbing down a bunch of recipes so that kid's will eat them. Weelicious is amazing in this regard. There are so many recipes that we would have never even thought of being for children that are laid out in this book.... and our kid loves them. Sure, not everything is an immediate hit with our 3 year old, but the presentation of the recipe and the ingredients used almost always encourage our child to at least try them. Our son has eaten things he never has before from beats to spinach, all without a complaint. My wife and I, as the big kids of the house, have also quite enjoyed the recipes. I would also recommend signing up for the Weelicious email newsletter to get more tips and recipes on a regular basis.

I have been a fan of the Weelicious blog since my kids were babies. I love that the recipes are simple, and healthy. I also love the way I'm always encouraged to bring my kids into the kitchen. Just got my copy of the cookbook and love it! The intro is so encouraging and offers a lot of insight into the way we feed our kids. I'm very impressed and so excited about this cookbook!! The pictures are gorgeous and fun. I highly recommend getting this book. One of my favorite weelicious recipes is Carrot Ginger Soup, so easy, healthy and yummy!

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