



I CAN'T BELIEVE IT'S BABY FOOD!

Easy, healthy recipes for babies and toddlers
the whole family can enjoy

Lucinda Miller

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'I wish I had had this book when I was bringing up my three. Lucinda's recipes are not only quick for a tired mum, but more importantly DELICIOUS for the children...' **Thomasina Miers**

'Based on millennia of healthy weaning practices, these are recipes to set your children and their microbiomes up for life!' **Dr Clare Bailey**

Lucinda Miller has specialised in clinical child nutrition for over 20 years. In her new book she shows how every bite counts when it comes to feeding babies and toddlers alongside the whole family. *I Can't Believe It's Baby Food!* is packed with a delicious variety of recipes that nurture the child's future health with each spoonful. With Lucinda's recipes - from breakfast to snacks & sweet treats - every single mouthful is feeding the brain, the gut and the immune system.

Nearly all the dishes are suitable for weaning babies from six months, and they are easy to adapt for different ages, food allergies and fussy eaters. The whole family can cook and eat together, with recipes ranging from Raspberry Banana Pancakes and Nutty Sweet Potato Toasts to Smokey Prawn and Pea Paella and Minty Lamb Koftas. Weekly menu planners are also included.

My aim is to help parents make both cooking and mealtimes as enjoyable and stress-free as possible. It's all about sharing food that the whole family will love, with your baby in a highchair pulled up to the table. Apart from the first few weeks of weaning, there really is no need to cook twice. In fact, it's much better that you don't! Your baby will benefit both nutritionally and developmentally from eating with you; and, if you are not stuck in the kitchen all day preparing endless different meals, you'll be happier and less frazzled, too.

Your child's development depends on three key areas of health that are intertwined and are interdependent – these are the Brain, the Immune system and the Gut (BIG). The first thousand days seems to be the critical window to get this essential BIG nutrition trio functioning well, as that is when your baby's mind, immune-resilience and intestinal health are being primed for the future.

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INCLUDES:

Why a Healthy Diet is so Important for Growing Children
Weaning & Baby Nutrition Masterclass
Fussy Eating SOS
Baby & Toddler Kitchen Kit
'BIG' Nutrition – Nurturing A Flourishing & Healthy Child
How to Feed A Child With Food Allergies
What Plant-Based Families Need to Know

***I Can't Believe It's Baby Food!* KEY POINTS:**

- All recipes are based on the most up-to-date weaning guidelines and early years nutrition research, and have a focus on feeding the immune system, brain development and gut microbiome, which are now known to be three critical foundations for their future health, happiness, and development.
- A healthy diet positively influences learning, focus and behaviour, as well as good self-esteem and self-confidence. It can also help to manage or prevent common health challenges like eczema, allergies, asthma, and constipation.
- Intelligence can also be affected by diet. Research has found that a diet high in processed sugary foods can reduce a child's IQ by the time they are eight years old, while a healthy diet full of fresh food can actually increase their IQ.
- These recipes cleverly manage to be attractive and tasty for children, while eliminating processed white flour and minimising sugar.
- Illustrated throughout and designed to highlight Lucinda's user-friendly and straightforward recipes, *I Can't Believe It's Baby Food!* shows that keeping the whole family satisfied while cooking just once from scratch is totally achievable.
- The [NatureDoc](#) clinical team are behind each recipe, plus thousands of parents in the [NatureDoc](#) online community have given input to ensure that this is the most nutritious, practical, healthy, creative AND delicious baby and toddler cookbook ever!

About the Author



Lucinda Miller is the NatureDoc. She is the UK's go-to naturopath and child nutrition expert and runs a nutritional therapy clinical team specialising in mother and child nutrition. She works alongside paediatricians, child neurologists and child psychiatrists using a truly integrated approach to health.

Lucinda writes a blog at www.naturedoc.co.uk, offering simple and effective tips for brighter, happier children, as well as a recipe resource, dedicated to delicious and healthy recipes for tricky diets. She has been practising as a naturopath for over 20 years and has also qualified in Functional Medicine and is a Master Herbalist. She is a mum of three and lives in Wiltshire. Her bestselling first cookbook *The Good Stuff* was published by Short Books in September 2018.

Find out more here:

www.naturedoc.clinic

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EXTRACTS AND RECIPES ARE AVAILABLE

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