



Genre: **cooking books, vegan-friendly**

Territory: **world**



ITALIAN VEGAN CUISINE FOR MOTHERS AND CHILDREN A guide to vegan pregnancy, breast-feeding and weaning

Watching their child appreciate natural flavours and eat healthily is every parent's dream.

A child's relationship with food starts before birth and depends on the decisions the parents make for their children. This **recipe book** guides parents and helps them providing their child with a balanced and healthy vegan nutrition.

The book is divided into a **theoretical part**, which relies on scientific data and clearly explains to future mothers how to manage pregnancy, breast-feeding and the subsequent weaning in a way that respects the child's needs. The second part is a collection of over **350 recipes**: from weaning food to desserts, from pizza to smoothies and diorama recipes, all creative and inventive dishes to stimulate children. The handbook also includes a practical index organized according to age-groups, a colourful dossier and a section that contains references to books, articles, websites, forums and blogs to find further information on the topic.

This handbook combines **scientific reliability** with an accessible writing style, which speaks to its readers as friends. The recipes are tasty and easy to follow, thought also for those who are not familiar with cooking, have limited time or have to cook while holding a baby.

This book was written for those parents who are looking for an approach that shows how to guide their child's discovery of food in a healthy, ethical, physiological, natural and pleasant manner.

The author -----

Emanuela Barbero has been active for over ten years in the field of non-violent nutrition and vegan cuisine. She has created the first Italian website dedicated to vegan recipes (www.vegan3000.info) and has published with Sonda *Italian vegan Cuisine*, *Italian vegan Cuisine for mothers and children* and *Being on a diet with the Italian Vegan Cuisine*.

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