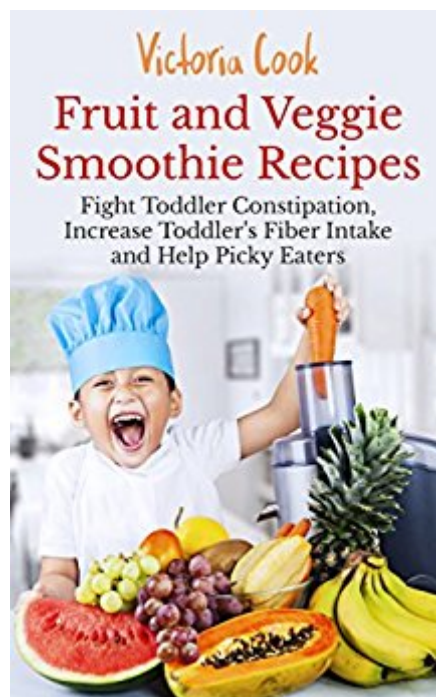




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Fruit And Veggie Smoothie Recipes: Fight Toddler Constipation, Increase Toddler's Fiber Intake And Help Picky Eaters



Synopsis

Are you the parent of a picky eater? Does your toddler refuse to even look at a fruit or veggie? Then you're very familiar with the struggles of having a kid with constipation. As we all know, fruits and vegetables are a good source of fiber, and without them, well, things can get a little messy. We all want our children to have a healthy diet, but this can be challenging when your child is a picky eater. But there is an easy and kid-friendly solution: smoothies! Smoothies that include high fiber fruit and vegetables are the key to dealing with toddler constipation. Victoria Cook, author, and mom extraordinaire, shares her experience with constipation in her very own picky eater. Fruit And Veggie Smoothie Recipes was specifically designed to help parents prepare a fun treat that helps children consume more fruits and veggies, take in more fiber, and conquer the picky eating stigma. Not to mention make a yummy snack! These smoothie recipes helped the author's daughter say goodbye to the constipation monster and become happier and healthier. The research has already been provided for you. Fruit and Veggie Smoothie Recipes includes a list of high-fiber fruits and veggies to include in your child's smoothie. Help your whole family battle constipation with the perfect fruit and veggie smoothie!

Book Information

File Size: 424 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publisher: Victoria Cook (March 21, 2016)

Publication Date: March 21, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01D9I4DBG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,018,367 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #95

in Books > Health, Fitness & Dieting > Nutrition > Fiber #815 in Kindle Store > Kindle

eBooks > Health, Fitness & Dieting > Personal Health > Children's Health #2237 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

Customer Reviews

great read! useful knowledge and smoothies tailored to toddlers!

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