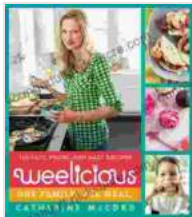


# Weelicious: 140 Fast, Fresh, and Easy Recipes for the Wee Ones



## Weelicious: 140 Fast, Fresh, and Easy Recipes (Weelicious Series Book 1) by Catherine McCord

★★★★☆ 4.5 out of 5

Language : English  
File size : 41967 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 288 pages



Weelicious: 140 Fast, Fresh, and Easy Recipes for the Wee Ones is a cookbook by Catherine McCord, a registered dietitian and founder of the popular food blog, Weelicious. The book features 140 recipes for healthy and delicious meals that are perfect for toddlers and preschoolers.

The recipes in Weelicious are all made with fresh, whole ingredients and are free of refined sugars, processed starches, and artificial flavors. They are also all easy to make, with most recipes taking 30 minutes or less to prepare.

The book is divided into six chapters, each of which focuses on a different type of meal. The chapters are:

- Breakfast

- Lunch
- Dinner
- Snacks
- Sides
- Desserts

Each chapter includes a variety of recipes, from simple to more complex. There are recipes for everything from scrambled eggs to grilled cheese sandwiches to chicken nuggets. There are also recipes for more adventurous dishes, such as sushi and quinoa salad.

In addition to the recipes, Weelicious also includes a number of helpful tips and articles on feeding toddlers and preschoolers. These articles cover topics such as how to get your child to eat more vegetables, how to deal with picky eaters, and how to make healthy snacks.

### **What I liked about Weelicious**

I really enjoyed the Weelicious cookbook. The recipes are all healthy and delicious, and they are all easy to make. I also appreciated the fact that the book is divided into different chapters, each of which focuses on a different type of meal. This makes it easy to find the recipe you are looking for.

One of my favorite things about Weelicious is that the recipes are all made with fresh, whole ingredients. I feel good about feeding my children food that is made with healthy ingredients, and I know that they are getting the nutrients they need.

I also love that the recipes in Weelicious are all easy to make. I am a busy mom, and I don't have a lot of time to spend cooking. I appreciate the fact that I can find a healthy and delicious recipe in Weelicious that I can make in 30 minutes or less.

### **What I didn't like about Weelicious**

I really liked the Weelicious cookbook, but there were a few things that I didn't like. One thing that I found frustrating is that the book does not include any pictures of the finished dishes. I like to be able to see what the dish is supposed to look like before I make it.

Another thing that I didn't like about Weelicious is that the recipes are not all gluten-free. My daughter has a gluten intolerance, so I have to be careful about what I feed her. I wish that there were more gluten-free recipes in the book.

### **Overall, I would recommend Weelicious to other parents.**

Overall, I would recommend Weelicious: 140 Fast, Fresh, and Easy Recipes for the Wee Ones to other parents. The recipes are all healthy and delicious, and they are all easy to make. I also appreciate the fact that the book is divided into different chapters, each of which focuses on a different type of meal. This makes it easy to find the recipe you are looking for.

If you are looking for a cookbook that is filled with healthy and delicious recipes that are easy to make, then I highly recommend Weelicious.

## **Here are some of my favorite recipes from Weelicious:**

- Scrambled eggs with spinach and cheese
- Grilled cheese sandwiches with tomato soup
- Chicken nuggets with sweet potato fries
- Sushi
- Quinoa salad
- Chocolate chip cookies
- Fruit salad
- Yogurt parfaits

These are just a few of my favorite recipes from Weelicious. The book is filled with many other delicious and healthy recipes that are perfect for toddlers and preschoolers.



## Weelicious: 140 Fast, Fresh, and Easy Recipes

(Weelicious Series Book 1) by Catherine McCord

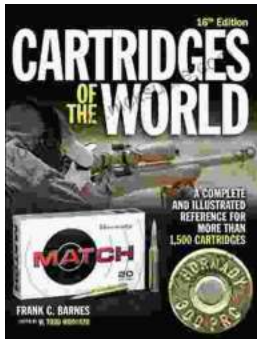
★★★★☆ 4.5 out of 5

Language : English  
File size : 41967 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 288 pages

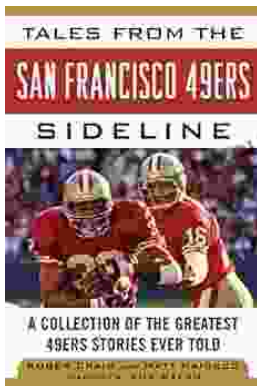
FREE

DOWNLOAD E-BOOK



## Delve into the Comprehensive World of Cartridges: A Comprehensive Review of Cartridges of the World 16th Edition

In the realm of firearms, cartridges stand as the linchpins of operation, propelling projectiles towards their targets with precision and power. Cartridges of the World, a...



## Tales From The San Francisco 49ers Sideline: A Look Inside The Team's Inner Sanctum

The San Francisco 49ers are one of the most iconic franchises in the NFL. With five Super Bowl victories, the team has a rich history and tradition that is unmatched by many...