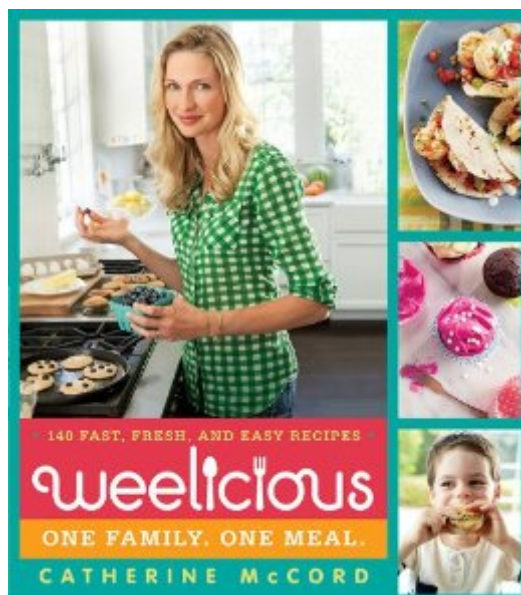


The book was found

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 a short order cook" 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."

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Customer Reviews

I'm a fan of the Weelicious blog and decided to purchase the cookbook. There are some excellent recipes here that I rely on heavily when cooking for my toddler. I can't remember if these recipes came from her blog or her book (or both), but the sweet potatoes with lime and maple syrup, cottage cheese pancakes, stuffed French toast, (sweet pea risotto - blog only) to name a few - are huge hits with my family. My goal is to try a couple new recipes a week. I am so grateful for Catherine's blog

and now, book. I have found that figuring out what to feed my little one (beyond the same old peanut butter and jelly toast) has been overwhelming, frustrating, even stressful, at times. (There is so much pressure to be a perfect mother.) I appreciate the easy, encouraging, helpful tone of the book and blog. This is starting to sound cheesy, but it really has empowered me as a new mom to see that I can cook a fresh and healthy meal for my daughter without feeling burned out and exhausted. Catherine makes it attainable, without the guilt if you take a shortcut. (Catherine, if you are reading this, thank you so much.) I do have an observation that a previous reviewer mentioned as well: there are less recipes for the in-between toddler who has moved on from purées but is not quite ready to chomp down on thicker slices of meat, thick panini bread, etc. Every child is different, but from 13 months to now (18 months and counting), I have had to pass over numerous recipes that look delicious but won't work from my daughter right now. She is particular about texture and still likes her foods to be easy to chomp on. A number of the meat dishes, sandwiches, etc., that would involve a lot of chewing probably won't work.

I've made a sampling of recipes out of Weelicious now. I've mainly tried the breakfast recipes and some of the snack/dessert recipes. I went ahead and bought this book blog-unread after making the chocolate rice crisp-wee treats, which I found about via the Goop newsletter. These are a rice krispie treat with some nut butter. They are good. But all the other recipes I've tried I haven't cared for that much, or had to tweak to make edible, in my opinion. Also I get annoyed at the author's tone after a while. It's that mom blog tone with too many adjectives and making too much of a deal out of a freakin' recipe (like that it will change your life). One thing I find is the recipes seem a bit too low in fat. This morning I made the breakfast cupcakes, which you can also make as pancakes (what I did). Basically it is a standard pancake recipe but with a nut butter instead of butter. I was about to add melted butter but decided to make a test pancake before altering the recipe. The pancake was just ok. I went ahead and added 4 TB of melted butter and then they became tasty pancakes with better texture (btw, I think 2 TB would probably be enough to fix them). I find this is true of most of her baked or breakfast recipes -- she tends to omit the standard melted butter or oil that most recipes would include. Maybe she is trying to substitute nut butters for butter, which isn't lower fat, but just messes up the texture. I also tried the beet heart cookies. More like a slightly sweet beet soft cracker or something. I think part of the problem was in how much beet to add. Her instructions are pretty good (1/2 cup of grated beet) but I guess a weight would be useful here.

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