



Veggie Creations for Kellan: A Collection of Vegetable Recipes for my Toddler

Debbie Elaine Hammer

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When it comes to eating, most toddlers are picky by nature, particularly when meals include vegetables. Debbie Hammer was inspired to resolve mealtime challenges with her own toddler by making vegetables fun and integrating eating with learning, such as naming a recipe by its shape or color (Butternut Squash Triangles, Green Bean Fries). Some dishes are appealing to toddlers because the ingredients and recipe name include an already tried-and-likable food, such as Pink Applesauce Smoothie. A creative recipe name also entices toddlers to try it if it relates to their experience, for example a favorite movie character or toy, such as Car Wheels Pasta. Other clever concoctions are a fusion of gourmet dishes and toddler favorites, such as homemade mac-n-cheese with roasted butternut squash and breadcrumb topping, creamed spinach stuffed hot dogs in crescent rolls, and spinach and chicken nuggets. Have fun with these sixty tried and true recipes, each featured by a photo. Check out the author's revised and expanded book: Chef Kellan's Veggie-licious Creations

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