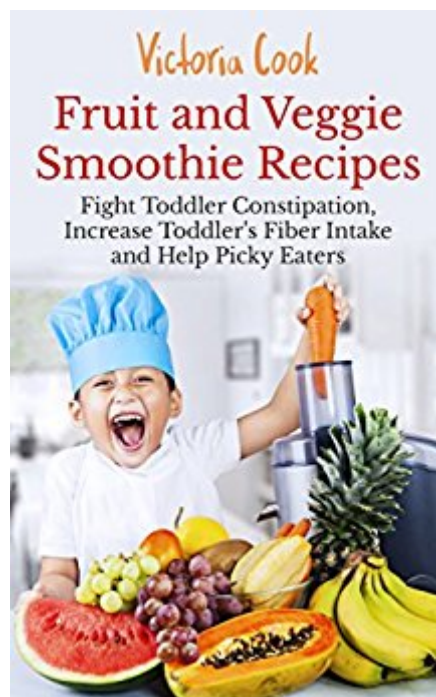




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Fruit And Veggie Smoothie Recipes: Fight Toddler Constipation, Increase Toddler's Fiber Intake And Help Picky Eaters



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

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Customer Reviews

great read! useful knowledge and smoothies tailored to toddlers!

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