



# **The Vegetarian Mother's Cookbook: Whole Foods To Nourish Pregnant And Breastfeeding Women - And Their Families**

*Cathe Olson*

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## **The Vegetarian Mother's Cookbook: Whole Foods To Nourish Pregnant And Breastfeeding Women - And Their Families** Cathe Olson

Cathe Olson (Simply Natural Baby Food) is back with The Vegetarian Mother's Cookbook, a collection of more than 300 delicious whole foods recipes designed to nourish mothers and their families throughout pregnancy and lactation. The easy-to-prepare dishes are packed with protein, fiber, vitamins, minerals, and essential fatty acids to help both mother and baby thrive. Entrées include many "quick fix" meals and freezable dishes – perfect for the busy parent. Many of the recipes in the book are vegan, and almost all of the recipes provide vegan options. For those with allergies, wheat-free, soy-free, dairy-free, and egg-free dishes are also included. There are even teas and tonics to help ease common pregnancy discomforts.

In addition to recipes, The Vegetarian Mother's Cookbook provides up-to-date nutritional information with recommended dietary intakes, complete guide to ingredients, suggested shopping list, and tips for saving time and minimizing work in the kitchen. This book is a comprehensive eating guide for vegetarian mothers, and for non-vegetarians who want to include more whole foods in their diets.



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