

**GREAT FIND****BABY BRAIN ORGANICS**

\$15 per bag, babybrainorganics.com

We all want the same thing when it comes to feeding our children: the nourishment they need for healthy brain and body development. But kids are kids, and even though we want them to eat superfoods like quinoa, sprouted flax, chia seeds and organic hemp hearts, they might be reluctant to chow down by the spoonful. Toronto mom, Pilates instructor and nutrition nut Amy Brown, owner of Baby Brain Organics, has found a way around this. By grinding these healthy ingredients into a fine powder, she makes these important meal additions much easier to stomach; just one tablespoon of the Buddha Belly or Yummy Tummy (which includes dried blueberries) mixed in to your regular recipes will increase your child's intake of protein, omega-3 fatty acids, antioxidants, fibre and iron. Stir it into smoothies, or toss it into muffin and pancake batter. Your family will never know.