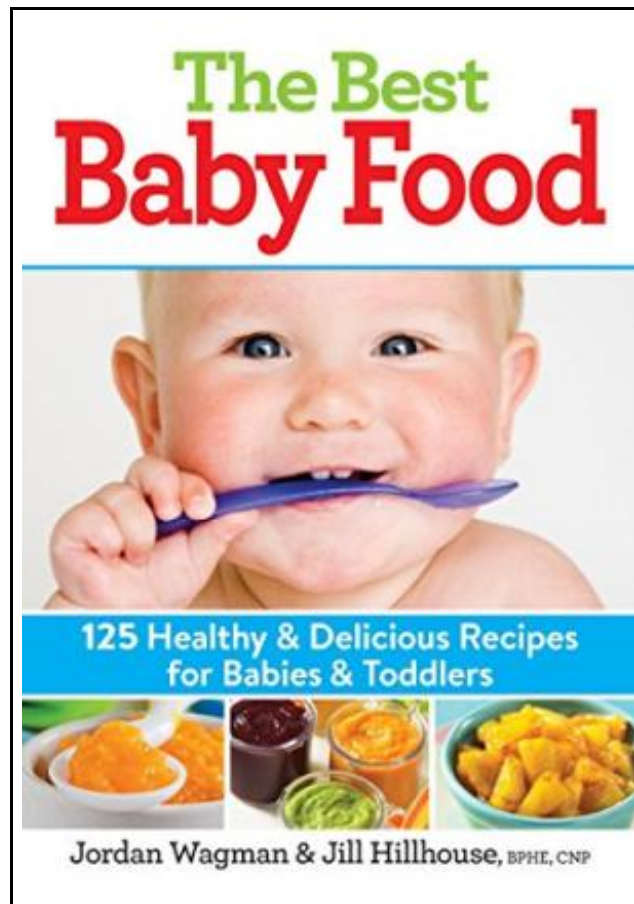


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THE BEST BABY FOOD: 125 HEALTHY AND DELICIOUS RECIPES FOR BABIES AND TODDLERS



Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Best Baby Food: 125 Healthy and Delicious Recipes for Babies and Toddlers, Jordan Wagman, Jill Hillhouse, Delicious baby food, based on the ingredients often on hand, with a basic respect for seasonality and a few simple cooking methods. Helping a baby acquire a taste for wholesome, healthy food is the best way to ensure that he or she develops eating habits that will promote good health throughout life. In full colour and packed with practical nutritional information and easy-to-make recipes, this book shows how to create an array of delicious and interesting dishes that any baby and toddler will simply love. The techniques are simple and baby-tested, and the recipes are mouthwatering. The authors provide professional guidance to preparing baby food safely and easily at home. There is complete nutritional information included for each recipe, with Nutrition Tip profiling information that parents and all home cooks will find very valuable. The recipes are broken down according to age beginning with 6 to 9 months which is when most babies can begin the transition to more solid food: For 6 to 9 Months - Apple Medley, Brown Rice Cereal, Nectarine and Carrot Puree, Tofu, Bosc Pears and Banana, Basic Quinoa, Caramelized Parsnip Puree, Banana and Blueberry Puree. For 9 to 12 Months - Stewed Leeks with Butter, Soft Polenta with Cheddar Cheese and Broccoli Florets, Pacific Salmon Cakes, Oven-Roasted Chicken with Dried Apricots, Diced Potato Gratin. For Toddlers 12 Months+ - Roasted Summer Fruit Smoothie, Best-Ever Barbecued Corn, Warm Barley with Fresh Herbs and Parmesan Cheese, World's Best 'Fish Sticks', Pork with Red Cabbage. These great-tasting meals will help a baby or a toddler become a healthy eater who enjoys a wide variety of tantalizing foods.



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