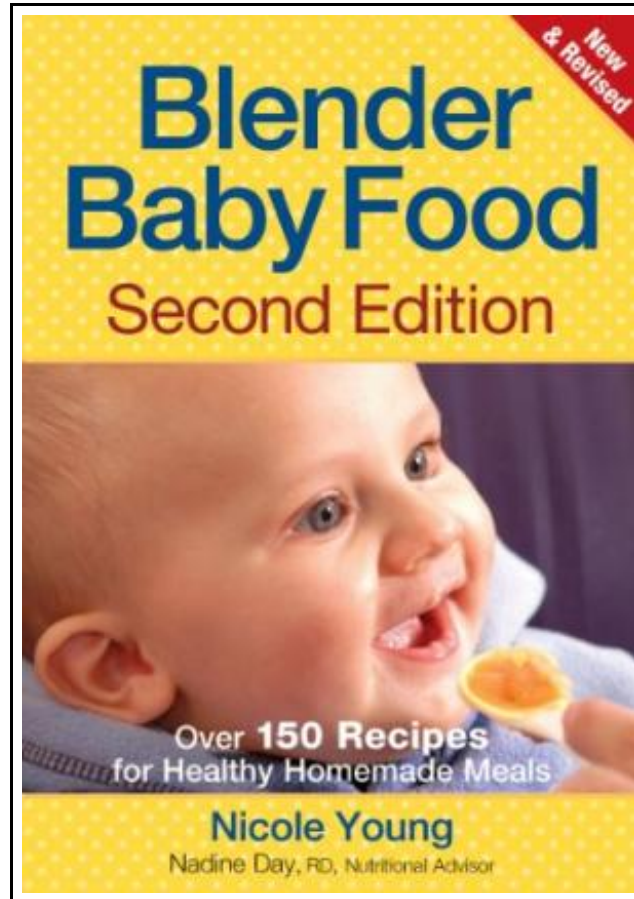


## Blender Baby Food: Over 150 Recipes for Healthy (2nd)



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## BLENDER BABY FOOD: OVER 150 RECIPES FOR HEALTHY (2ND)



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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Blender Baby Food: Over 150 Recipes for Healthy (2nd), Nicole Young, Like the first edition, this new edition of Blender Baby Food guides readers through the process of making their own baby food. The blender has proven to be an ideal way to offer new flavours in a babyfriendly texture. Even when a child begins to eat table food, there is always an occasion for a fruit smoothie or a nutritious blended dip. There are three great reasons for parents to make their own baby food: 1) The ingredients are all hand selected, assuring healthy and wholesome meals. 2) Parents can easily tailor the texture to their baby's preferences. 3) It will help shape a baby's tastes so he or she can appreciate fresh foods. This new edition features 25 new recipes, information on the basics of feeding babies, colour photos and a nutritional analysis for each recipe. The delicious and easy-to-prepare recipes are categorised according to age, making it easy and convenient to create meals that match a baby's progress and development, from six months through to twelve months and older. The outstanding variety of flavours and textures includes: Cherried peaches, Guacamole for beginners, Squash and pepper risotto, Lentil and rice pilaf, Vegetable paella, Cheesy beef casserole, Over-the-top applesauce, Orange banana smoothie. The book also includes meal plans, helpful tips and techniques and even advice on storing and freezing baby food. Using this comprehensive cookbook, parents will quickly discover that giving their baby the best nutritional advantage is its own reward.



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