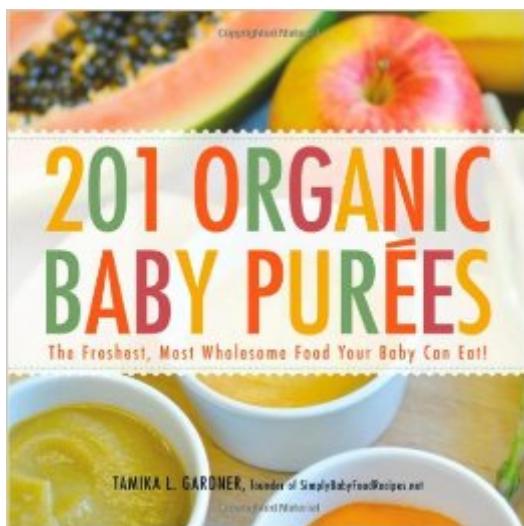


The book was found

201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat!



Synopsis

Baby food should be made of the freshest, healthiest ingredients on the planet. Brimming with the biggest variety of purees sure to expand baby's palate, 201 Organic Baby Purees teaches readers to blend, well-balanced meals right in their own home. As easy-to-prepare as they are nutritious, these recipes include: Basic fruit and veggie blends from apricots to zucchini Classic combinations such as turkey, sweet potato, and corn Superfoods like avocado, blueberries, and spinach Puree-based transition recipes including soups, biscuits, frozen desserts, and more! Free of pesticides, hormones, GMOs, and additives, these delicious purees promote strong immune systems and healthy growth--designed to protect tiny tummies.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (283 customer reviews)

Best Sellers Rank: #1,633 in Books (See Top 100 in Books) #1 inÂ Books > Cookbooks, Food & Wine > Special Diet > Baby Food #2 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Organic #6 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

I really enjoy this book; the author really makes a point to show you that it doesn't have to be difficult to make your own baby food. Instead she explains that it is a rewarding experience that allows parents to make healthy nutritious food for their babies and toddlers. This book gives you the knowledge that you need to make creative foods with textures and good tastes instead of limiting your child to mass produced baby food. The first few chapters talk about why it is important to feed your child organic food, how to do so affordably, what tools you will need, and more information about healthy foods. Chapter four shows readers how to introduce pureed foods for the six to seventh month old with food recipes such as blushing bananas, simply sweet potato, and pumpkin patch puree. Chapter five introduces semi-smooth pureed food such as mashed potatoes, pumpkin crÃ"me pie (pumpkin, cream fraise, and graham crackers, yum), and quinoa. Chapter six is for

babies about 10 to 12 months and introduces them to food with a chunky consistency such as black beans, citrus, strawberries, and rice cakes. The last chapter, introduces new flavors and textures for children 12 months and older. The recipes in this chapter sound delicious and include things such as sweet potato fries, blueberry pancakes, breakfast pizza, and more. I really like that this book gives step by step instructions. Each recipe tells you if it is freezer friendly, if it is instant (not needing cooked), if it contains any super-foods, and if it can be slightly adapted for the rest of the family. I also like the meal plans that the book suggests. They make it easy to plan a variety of meals for your little one.

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