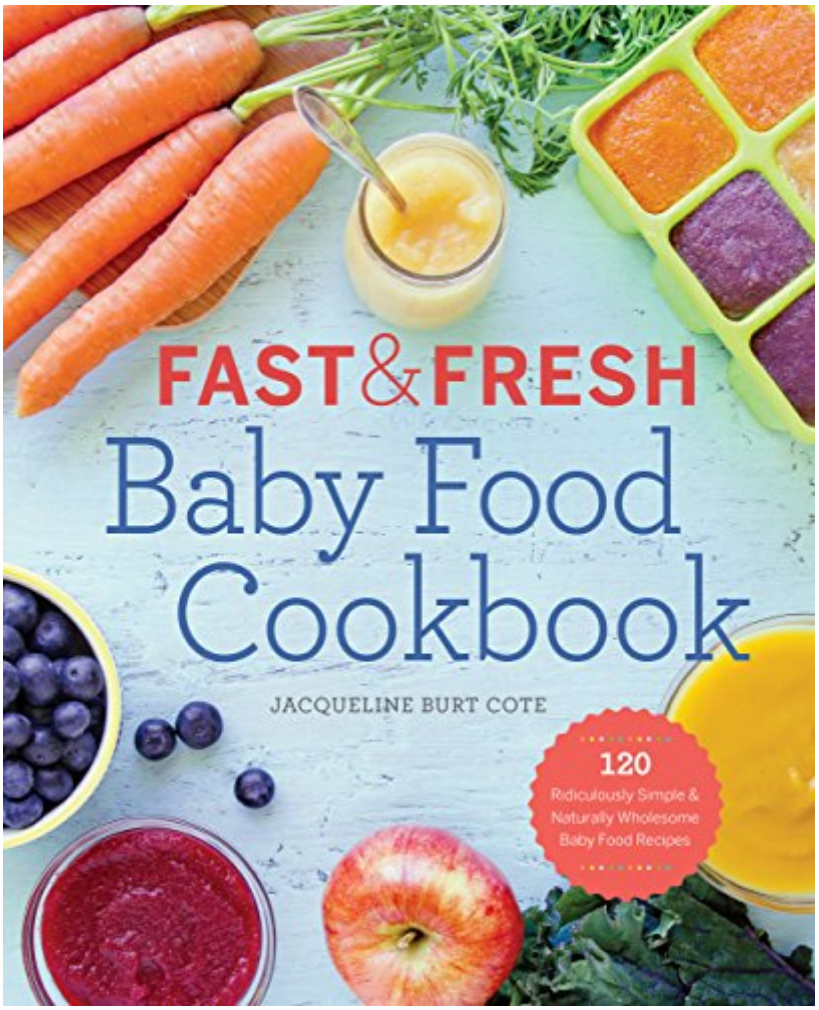
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Fast And Fresh Baby Food Cookbook: 120 Ridiculously Simple And Naturally Wholesome Baby Food Recipes



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Synopsis

The Absolute Easiest Baby Food Cookbook for New ParentsYou canÃ¢â ¬â„¢t keep up with the laundry.You canÃ¢â ¬â„¢t fit into anything but yoga pants.You canÃ¢â ¬â„¢t make your baby sleep through the night.But you can make easy, wholesome, and delicious food for your baby in minutes. Fortunately, the nutritional needs of babies are very simple. This accessible yet comprehensive book has new parents covered, withÃ¢â ¬Â¢Nutritional and developmental advice for ages 4 to 18 monthsÃ¢â ¬Â¢The latest information on which foods to introduce and when Ã¢â ¬Â¢Easy-to-follow instructions for a wide variety of first purÃƒÂ©es, flavorful and nutritious combination purÃƒÂ©es, and fast and healthy toddler meals Ã¢â ¬Â¢Sample meal plans for babies and toddlersTake comfort in knowing that when everything else is out of your control, you can still make the best food for your baby in 30 minutes or less.

Book Information

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Customer Reviews

This baby puree book is amazing, it’s not just about puree foods either! It has information that every

mom should know; like the dirty dozen and the clean 15!! It talkes about allergies and things that are important when you have a baby. It’s inporant for parents to get educated on foods so our children can be as healthy as possible and this book will help you!!!

I was happy to get this Fast and Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes Kindle Edition. This book could not have come at a better time for me and my family. I just received the reusable baby food pouch kit and there will be a new arrival to our home in a few months. We also have a 3 and 6 yr old so I can practice these recipes before the wee one arrives! I love that this book is not intimidating. I felt confident right away knowing that I could make my own baby food recipes and have the best for the baby. It is an easy read with simple step by step instructions. I love how it not only has recipes but instructions about fresh ingredients, cleanliness, necessary cooking tools, storing, freezing, thawing and so much more. I like that it starts with simple age appropriate puree and goes on from there as your child grows. I really learned a lot from cover to cover and will be using this book as a reference and guide. I received this product in exchange for a review. All my opinions are my own, based on my personal experience with the product. I am disclosing this in accordance with the Federal Trade CommissionÃƒÂ¢Ã â ¬Ã â„¢s 16 CFR, Part 255: Guides Concerning the Use of Endorsements and Testimonials in Advertising.

I was pleasantly surprised by the content of this book. I honestly thought that I wouldn’t find anything helpful, and if you wanted to make your own baby food all you have to do is puree some food up! The book listed the top 15 foods with the most pesticides (good info for anyone) as well as the top safest foods. Also surprising to me was the section on frozen vs. fresh. The book explained how sometimes frozen foods are best and which foods can be frozen well.This book breaks down the different types of cooking methods that can be used to prepare your own food for your baby. It also outlines everything you need before you start. I shared this book with my friend that has a 9month old (1st child) and she loves how easy the book is to read as well as how clear everything is laid out for you. Another nice thing is that the book breaks down the different age groups and when to introduce different foods to your baby. There are also neat ideas like how to make "macaroni and cheese" and pizza for your little one. My friend loved that at the end of every recipe the book gives you how long the food can be stored in both fridge and freezer as well as a few lines for your own notes.Overall this book has a lot of great ideas for recipes and meal plans and I would definitely recommend it to anyone interested in preparing their own food for their baby or toddler. I was given

this book at no charge for my honest review.

I am in love with this instruction book/cookbook! I've never made baby food before, and this really dumbs it down so there's no guesswork. Tells which foods are recommended to try at which months, how to cook and prepare it, and how to store it. Plus a ton more info. One of my best baby related buys yet.

Making fresh healthy baby food has never been easier! I have to admit the idea of making baby food from scratch seemed quite daunting at first but this book really eased my mind! The recipes are beyond easy to make and it's such a comfort knowing out little ones will be getting the most nutritious and tasty food available! Most of these recipes don't even take as long as running out to the store to grab baby food and you can make batches and freeze some things! This would make an awesome resource for new moms and an amazing gift for moms to be!I received this book free of charge for the purposes of review. Even considering that I think it's well worth the price and definitely an awesome resource! So glad we got to review this one!

I tried to make my own baby food in the past and was very unsuccessful. I wish I had this book! This book is a great book for those that want to make their own baby food, and even those wondering if they should! It's very informative and not only includes a variety of instructions for making purees (well-balanced purees at that - not just boring options), but it includes a wealth of information as well to really help parents make informed decisions when it comes to nutrition for little ones.*Disclosure: I received the ebook to facilitate my review. Regardless, all opinions are my own.

I found the internet overwhelming when trying to make baby food, being a first time mom. This book has recipes based on age, in two month increments, and my baby has LOVED the recipes. I'd have never thought to blend together mangos, carrots, and bananas... but my 6 month old thinks it's the best thing that ever happened to him!

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