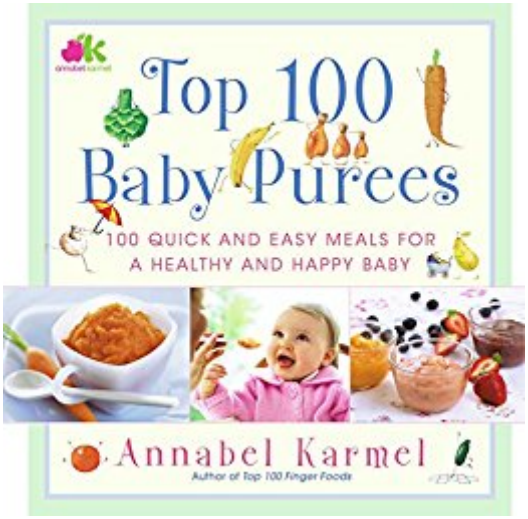
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Top 100 Baby Purees: 100 Quick And Easy Meals For A Healthy And Happy B



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Synopsis

Babies grow more rapidly in their first year than at any other time in their lives, so how you feed your newborn will be one of the most important decisions you make for your new baby. Making your own baby food is not only more economical than buying commercial brands, it also assures that your child consumes only the freshest, top-quality ingredients. British television personality and children's nutrition expert Annabel Karmel's essential collection of best-ever purees grants new parents their wish: one hundred quick and easy recipes that will make for a healthy and happy baby. From first tastes and weaning, right through to meals for older babies, all the recipes are suitable for children aged six months and older. And with all these fruit and vegetable favorites, and innovative fish, meat, and chicken purees, the dishes are so tasty you will want to eat them yourself! In addition to easy and delicious recipes, Top 100 Baby Purees also includes information on: Weaning your baby and transitioning to solid foods Food allergies Time-saving food preparation tips Freezing and reheating your homemade baby food Tricks on finding the hidden nutrition in everyday foods Featuring a preface by Dr. Michel Cohen, New York pediatrician and author of The New Basics: A-to-Z Baby & Child Care for the Modern Parent

Book Information

File Size: 1839 KB

Print Length: 128 pages

Publisher: Atria Books (September 22, 2009)

Publication Date: September 22, 2009

Language: English

ASIN: B002OTKEL0

Text-to-Speech: Not enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #393,910 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Baby Food #109 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Baby Food #338 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Organic

Customer Reviews

When my son turned 4 months, my pediatrician suggested me to cook the baby food myself and recommended me this book. Because I really like my pediatrician, I bought this book without any doubt. All the recipes are interesting and they look really good and nutritious. My son actually likes the food I made with these recipes. It's so tasty, I finish it myself when he can't finish his food. Most of the recipes are fairly easy to make too. It's a plus for me as a working mom. I can make two kinds in one night that lasts for at least a week. However, be mindful with the cheese. There are some recipes that I found are way too salty for a baby because of the amount of cheese added. I thought salt is not recommended for baby less than 1 year old. But overall, I really like this book.

I've made almost all of the recipes in this book. So far I've loved them all! Lots easy and yummy recipes. This cookbook is very user friendly with great pictures and simple directions!

We have purchased this book many times. I used it to feed my own kid when he was about seven months or so; and our whole family enjoyed the recipes. My kid (who is now five) now has the widest taste range of any kids his age I know. He gets excited about broccoli and beans and carrots and peas and just about any other vegetable, and I am sure a lot of it has to do with introducing him to real food at that crucial time (7-9 months or so) when babies start to develop their taste buds. We now buy this book for all our friends whenever they have their first child.

When I first introduced my baby to solids at 4 months, he took to them right away. He ate his rice cereal without a problem, and loved his plain, pureed apples and carrots. But at around 8 months, his appetite completely changed. He was no longer excited about eating solids, and meal times became a hassle. Introducing new foods and textures to him was almost impossible. I'd give him bits of chicken and he's spit them out. I was really worried he wasn't getting the protein intake he needed. Then I tried a few recipes in this book. I started out with a chicken, sweet potato and apple puree, and he took to it right away. I couldn't believe my eyes, he was actually eating this! It even had onions in it, and he was wolfing it down. I tried a few other recipes (chicken bolognese with spaghetti is a great one). He's liked all of them. The author gives you the option of pureeing all the recipes. So for older babies, you'd make spaghetti with the chicken bolognese sauce on top. For younger babies, you'd make the same recipe but puree it all into one mushy meal. That's what I've been making for my baby, and I am so thankful that it works. Anyone who's having problems feeding their baby solids or coming up with ideas on what to feed them, PLEASE TRY THIS BOOK!

I bought this book because I was interested in knowing more about how to make my own baby food for my new son when he became 6 months old. The baby food bought in the store is technically considered processed and 'dead' food, because it has been heated(boiled) and processed. In a book like this one, it teaches how to make the foods fresh and not having to process or boil up a fruit or a vegetable that results in nutritional loss. Instead it teaches how to properly steam and roast in the oven these items if need be and keep the nutritional content. The book also illustrates how to prepare purees fresh in use with formula or breast milk. As a breast feeding mother this book is going to be very handy in helping to keep my son healthy and happy, The book also contains several pages on infant and toddler nutrition as well as helpful tis and hints on how to properly feed them and what to feed them at different stages. This book is well illustrated and put together and easy to follow to be able to show any new parent on how to feed their child more healthy. A must have for all new parents.

I absolutely love this cookbook! There are so many recipes to choose from and the author is very detailed about how to make each recipe. She breaks it down into age ranges which is also nice. There are always questions about which foods to feed your baby so there were a few recipes I held off on making until I talked with my pediatrician (citrus fruits, dairy products, etc.) It has wonderful pictures included. I would highly recommend this book if you are interested in making your own baby food.

I was actually directed to get this book under the feeding section in the Baby Bargains book and honestly thought, oh here is another way to get my money for frivolous books. Boy I am eating my words now! This book is AMAZING. First off it sections off each types of foods baby should eat by age and stages as well as they section the purees to start off with all together which is really easy. It also has information about the allergies and whatnot that you are to expect when starting solids. I really love this section. I also love some of the ideas and combinations that I know for myself I would have never even thought of. In fact I'm considering cooking them for my husband and I soon.Needless to say, this book is very thorough, easy to go through and you will find quite a few great recipes to save you some money on this wild ride that is solid feeding. Enjoy

Annable Karmed comes up with the best recipie combos - and so easy, too! Our favorite recipie is the Rice Pudding in the desert section. I've ordered 3 more of her books since getting this one first. (Love her cookbook for toddler snacks!)

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