The Top 100 Baby Food Recipes: Easy Purees and First Food for 6-12 Months

By Christine Bailey

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Baby Food Recipes: Easy Purees and First Food for 6-12 Months, Christine Bailey, We know that the key to children's health, development and happiness lies in the quality of the food we wean them on, and continue to cook for them - and the food they then want to eat themselves. But it's all too easy to fall back on jars of processed baby food when you're feeding your baby - or the same old limited purees you've dished up again and again. Lack of time and knowledge often prevents parents from feeding their babies exciting, nutrient-rich food. However, help is on hand. Christine Bailey, an expert in child nutrition, has devised a set of easy-to-follow recipes to help make first foods simple. The book comes with tables of foods for parents to introduce, and each recipe has a list of nutrients and at-a-glance symbols, as well as tips on preparation and storage. From a simple Fennel & Apple Puree for the first stage, to a Polenta Florentine or Sesame Stir-Fried Pork & Sweet Potato Mash for 7-9 months, or a Creamy Pesto Chicken with Roast Vegetables, Salmon with...

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