



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

By Jacqueline Burt Cote

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The Absolute Easiest Baby Food Cookbook for New Parents

You can't keep up with the laundry.

You can't fit into anything but yoga pants.

You can'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, with

- Nutritional and developmental advice for ages 4 to 18 months
- The latest information on which foods to introduce and when
- Easy-to-follow instructions for a wide variety of first purées, flavorful and nutritious combination purées, and fast and healthy toddler meals
- Sample meal plans for babies and toddlers

Take 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.

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Editorial Review

Review

"A comprehensive guide to feeding your baby, Fast & Fresh Baby Food Cookbook is all about ease, with no complicated dishes with lots of steps or unnecessary ingredients. Find a variety of purées and recipes for healthy toddler meals that can all be made in less than 30 minutes.

Why You Should Buy It: Informative extras like choosing between fresh, frozen or canned produce and a handy guide to "superfoods"." ? Red Tricycle

Users Review

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