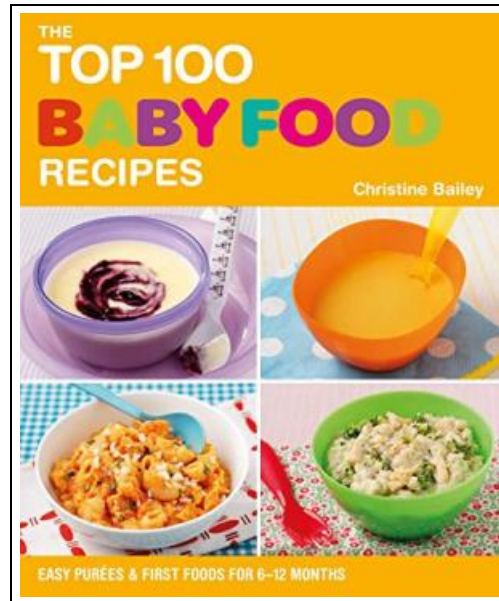


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(Prof. Owen Sporer)

THE TOP 100 BABY FOOD RECIPES (PAPERBACK)



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Watkins Media, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. 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 Mango Avocado Salsa, or Pear Coconut Crumble, for 9-12 months, you ll find delicious recipes your baby will love and you ll even want to eat yourself!.

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