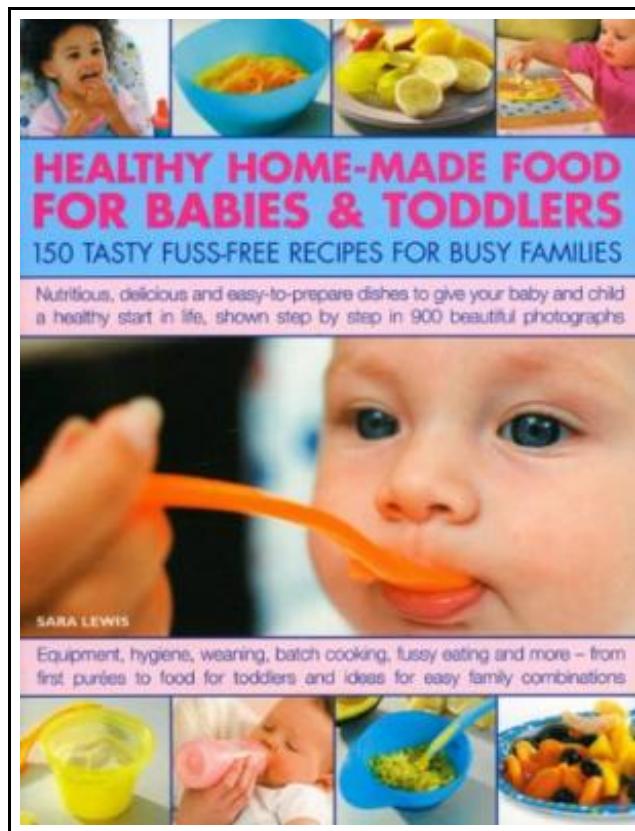


## Healthy Home-Made Food for Babies and Toddlers: 150 Tasty Fuss-Free Recipes for Busy Families



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Healthy Home-Made Food for Babies and Toddlers: 150 Tasty Fuss-Free Recipes for Busy Families, Sara Lewis, This book contains 150 tasty fuss-free recipes for busy families. It is divided into three sections for easy reference: First Foods, Foods for Toddlers and Family Meals. It has everything from fish cakes, pies and stews to pasta, pancakes and desserts. It offers invaluable advice on topics such as equipment, hygiene, when to begin weaning, batch cooking, nutrition, fussy eating, going vegetarian and more. Give your children the very best start - eating for health, vitality, and forming sensible nutrition habits for later life. This book covers the critical areas of weaning, first tastes and feeding babies from the age of four months up to six, nine and twelve months. All your questions answered: This work offers a one-stop problem-solver, plus hundreds of hints, tips and guidelines. The opening section of this expert book - First Foods - covers the critical areas of weaning, first tastes and feeding babies from the age of four months up to six, nine and twelve months. As well as recipes, there is advice on equipment, hygiene, food preparation, maintaining a balanced diet, and introducing and phasing out different foodstuffs. The second section - Food for Toddlers - is packed with healthy but tempting dishes and treats for toddlers. The third section - Family Meals - is the perfect planner for busy parents, introducing the author's unique 'three-way stretch' treatment, with simple instructions on how to produce a healthy baby puree, a fun toddler meal and a satisfying dish for parents simultaneously.

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