

Baby food should be made from fresh, wholesome and healthiest ingredients. Fortunately, the nutritional needs of babies are very simple and this practical recipes guide shows you the best foods to suit every age and stage so your baby gets the best nutrition to promote strong immune system, optimize sleep, digestion & brain development and overall healthy growth. The comprehensive book is packed with over 100 recipes with easy-to-follow instructions for a wide variety of flavorful, nutritious & well-balanced purees and healthy toddler meals making it the easiest baby food cookbook for New Parents. In addition to easy and delicious recipes, this guide also includes information on: Weaning your baby and transitioning to solid foods A step-by-step guide to introducing purees How to effortlessly prepare quick and tasty meals for your little one Essential nutritional and development advice for babies & toddlers A complete nutritional analysis to ensure you're giving your child the best possible start Practical advice on concerns that accompany feeding Full nutritional information and food safety Easy-to-follow meal planners to help you shop and plan ahead Time-saving food preparation tips and so much more!

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