



Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler

By Jenna Helwig

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Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler By Jenna Helwig

Simple Recipes for a Wholesome Start

Nothing compares with making your own baby food: It's fresh and unprocessed, you choose what goes into it, and it is a delicious way to introduce your child to a world of flavors. In *Real Baby Food*, Jenna Helwig helps you fit this loving act into a busy day's routine by making the process easy, fast, and flexible with 100 meals to begin a lifetime of healthy eating—from the moment your baby takes her first bite of solid food through her toddler years when she's happily ensconced in a booster seat at the family table.

Real Baby Food is your guide to these important first years of eating. Find the building blocks of starting your child on solid foods, how to recognize food allergies, and easy ways to cook in bulk. Recipes progress from single-ingredient purées to multi-flavor blends like Salmon, Kale, and Sweet Potato Smash; then move on to finger foods—Turkey Meatloaf Bites, Maple Graham Animals—and finally toddler meals and snacks. Most can be made ahead and frozen, many are easily adapted for grown-up tastes, and all include full nutritional information.

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Editorial Review

Review

“The first food your baby enjoys can leave an imprint for the variety of foods they will love for a lifetime. *Real Baby Food* is a must for new parents looking for easy-to-prepare baby food recipes, tips, and ideas for making your child an excited, adventurous eater for years to come!”

—Catherine McCord, founder of Weelicious.com and author of *Weelicious: One Family. One Meal.*

About the Author

JENNA HELWIG is the food editor for *Parents* magazine, as well as a freelance writer, culinary instructor, and personal chef. She also founded Rosaberry, a culinary services company devoted to helping families eat better.

Users Review

From reader reviews:

Dennis Boone:

The book *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler* can give more knowledge and information about everything you want. Why then must we leave a very important thing like a book *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler*? Some of you have a different opinion about reserve. But one aim in which book can give many facts for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or details that you take for that, it is possible to give for each other; you are able to share all of these. Book *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler* has simple shape however you know: it has great and massive function for you. You can seem the enormous world by wide open and read a publication. So it is very wonderful.

Mark Feaster:

The feeling that you get from *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler* is the more deep you rooting the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to be aware of but *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler* giving you excitement feeling of reading. The copy writer conveys their point in specific way that can be understood by anyone who read this because the author of this reserve is well-known enough. That book also makes your current vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this *Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler* instantly.

Erica Futch:

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Harry Duffey:

In this time globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The actual book that recommended to you is Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler this e-book consist a lot of the information from the condition of this world now. This particular book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. Typically the writer made some study when he makes this book. That's why this book ideal all of you.

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