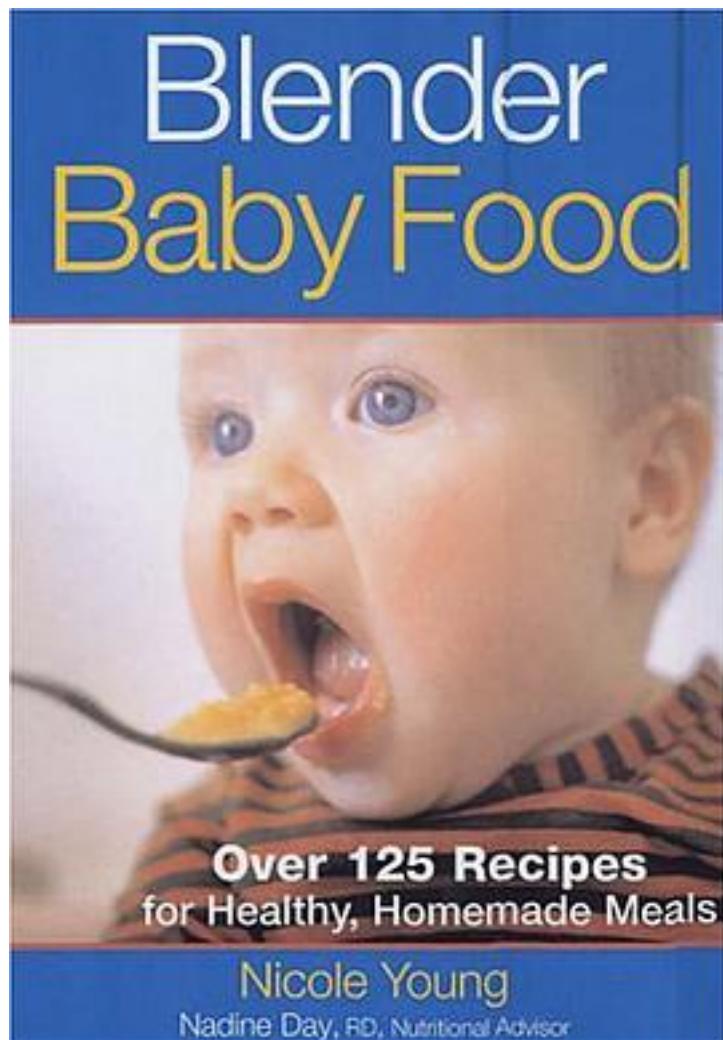


# Blender Baby Food



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This book features over 125 completely prepared recipes for healthy, nutritious and easy homemade baby meals that can be made or finished in a food blender. Baby food doesn't have to come in jars. Making your own at home is not difficult, with the help of a food blender - it is strained, pureed or mashed adult food, just a different version of the food you prepare for yourself. You know what is in it, thereby ensuring healthy and wholesome meals. \* 45 per cent of people who own and use food blenders do so to make baby food. \* All parents want the best for their babies, and knowing what is in your baby's food is a big part of parental peace of mind. \* Nutritional information is the unique key to this book: accompanying each recipe is a full nutritional analysis, age guidelines and nutrition tips.

作者介绍:

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