

First Foods Fast



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Every parent wants to give their child the best start in life. The easiest way to do this is through feeding your baby healthy, home-cooked food. 22 quick easy recipes – minimum fuss for maximum taste! Recipes for weaning babies at 4-6 months to feeding throughout the first year All recipes contain inexpensive ingredients Introduce your baby to new textures, tastes and flavours You control exactly what your baby eats – no added preservatives Easy-to-follow instructions for even the most inexperienced cook!

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