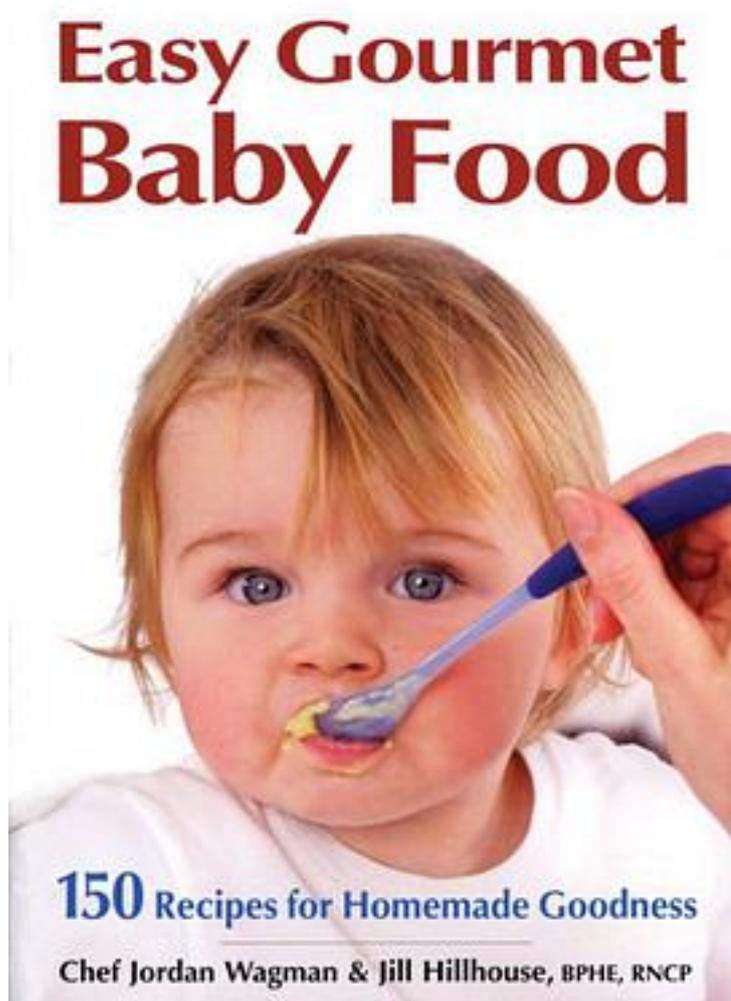


# Easy Gourmet Baby Food



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"Providing the best possible food for baby -- made in the home kitchen." When it

comes to introducing solid food to babies at approximately six months, providing the best means using fresh, organic ingredients and paying attention to how food is prepared. For the very best, it means preparing those foods at home and introducing children to a variety of foods, nutrients and unique flavors. Easy Gourmet Baby Food features 150 recipes that introduce very simple ways for parents to prepare meals for their infants and toddlers. Here's a small sampling: Green beans with fresh basil leaves; orange lentil and root vegetables; roasted cauliflower and white bean puree Seared salmon, cauliflower and russet potato; grilled chicken breast with yogurt; three-cheese vegetable lasagna Parmesan polenta cakes; pork tenderloin with prunes and bliss potatoes; corn and fennel soup. Recipes are conveniently divided into age groups: 6-9 months, 9-12 months, and 12-24 months. Each recipe contains a complete nutritional analysis. Many transition seamlessly to older family members, so meals can be shared by everyone. Also included are instructions on how to create multiple-meal purees to be frozen and used later, plus extensive tips on meal preparation, nutrition and feeding.

作者介绍:

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