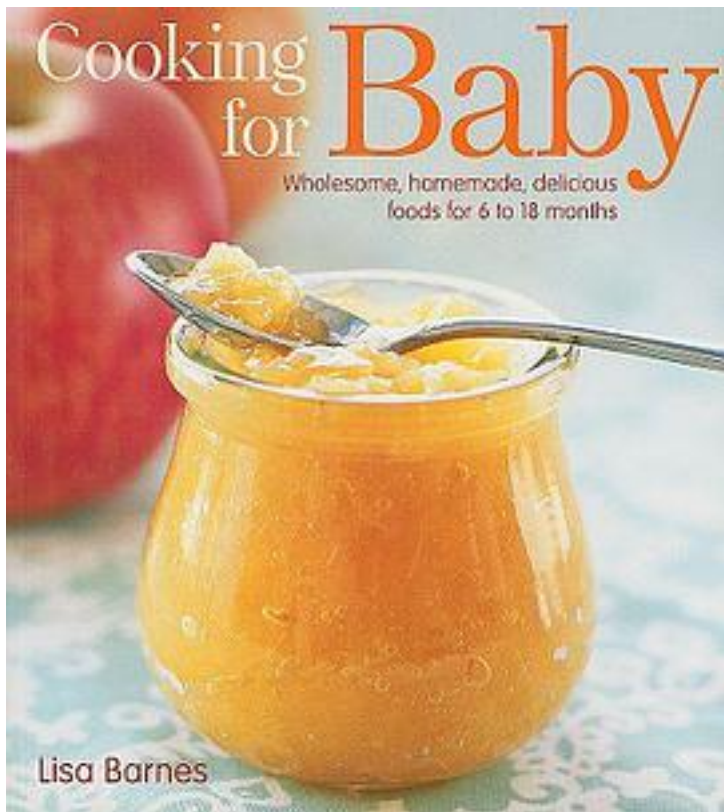


Cooking for Baby



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Parents today know that one of the best ways to give a baby a great start in life is with wholesome, homemade foods. While ready-made baby food is a convenience that any new parent can appreciate, feeding everyday fresh foods is the best way to teach a child healthy eating habits and an appreciation for good food from the cradle onward. The 80 recipes in "Cooking for Baby" make preparing delicious meals for babies and toddlers a breeze, even for busy parents. The recipes are organized by age, showing how to introduce cereal grains and simple vegetable and fruit purees to your

infant at 6 months, how to move on to chunkier foods by 8 or 9 months, and how to graduate to real meals for young toddlers of 12 to 18 months to enjoy along with the entire family. When you see how easy it is, with a few smart tips on preparation and storage, you'll never go back to the jars. With "Cooking for Baby," your youngster will enjoy a wide variety of fresh and interesting foods for a very happy and healthy beginning.

作者介绍:

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