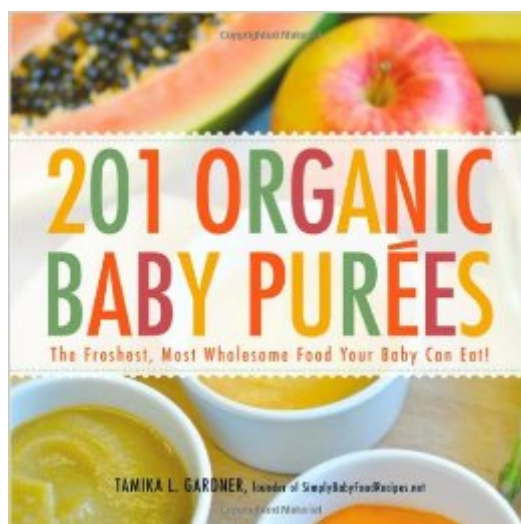


The book was found

# 201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat!



## Synopsis

Baby food should be made of the freshest, healthiest ingredients on the planet. Brimming with the biggest variety of purees sure to expand baby's palate, 201 Organic Baby Purees teaches readers to blend, well-balanced meals right in their own home. As easy-to-prepare as they are nutritious, these recipes include: Basic fruit and veggie blends from apricots to zucchini Classic combinations such as turkey, sweet potato, and corn Superfoods like avocado, blueberries, and spinach Puree-based transition recipes including soups, biscuits, frozen desserts, and more! Free of pesticides, hormones, GMOs, and additives, these delicious purees promote strong immune systems and healthy growth--designed to protect tiny tummies.

## Book Information

Paperback: 240 pages

Publisher: Adams Media (January 15, 2012)

Language: English

ISBN-10: 1440528993

ISBN-13: 978-1440528996

Product Dimensions: 7 x 0.8 x 7 inches

Shipping Weight: 14.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (283 customer reviews)

Best Sellers Rank: #1,633 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #2 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #6 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

I really enjoy this book; the author really makes a point to show you that it doesn't have to be difficult to make your own baby food. Instead she explains that it is a rewarding experience that allows parents to make healthy nutritious food for their babies and toddlers. This book gives you the knowledge that you need to make creative foods with textures and good tastes instead of limiting your child to mass produced baby food. The first few chapters talk about why it is important to feed your child organic food, how to do so affordably, what tools you will need, and more information about healthy foods. Chapter four shows readers how to introduce pureed foods for the six to seventh month old with food recipes such as blushing bananas, simply sweet potato, and pumpkin patch puree. Chapter five introduces semi-smooth pureed food such as mashed potatoes, pumpkin cr me pie (pumpkin, cream fraise, and graham crackers, yum), and quinoa. Chapter six is for

babies about 10 to 12 months and introduces them to food with a chunky consistency such as black beans, citrus, strawberries, and rice cakes. The last chapter, introduces new flavors and textures for children 12 months and older. The recipes in this chapter sound delicious and include things such as sweet potato fries, blueberry pancakes, breakfast pizza, and more. I really like that this book gives step by step instructions. Each recipe tells you if it is freezer friendly, if it is instant (not needing cooked), if it contains any super-foods, and if it can be slightly adapted for the rest of the family. I also like the meal plans that the book suggests. They make it easy to plan a variety of meals for your little one.

[Download to continue reading...](#)

201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids Making the Most of Your Food Processor: How to Produce Soups, Spreads, Purees, Cakes, Pastries and All Kinds of Savoury Treats. Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe The Poke Cookbook: The Freshest Way to Eat Fish The Amazing Make-Ahead Baby Food Book: Make 3 Months of Homemade Purees in 3 Hours The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) The Big Book of Organic Baby Food: Baby Purées, Finger Foods, and Toddler Meals For Every Stage Top 100 Baby Purees Martha Stewart's Vegetables: Inspired Recipes and Tips for Choosing, Cooking, and Enjoying the Freshest Seasonal Flavors The Farmer's Market Cookbook: Seasonal Dishes Made from Nature's Freshest Ingredients Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees The Organic Gardener's Handbook of Natural Pest and Disease Control: A Complete Guide to Maintaining a Healthy Garden and Yard the Earth-Friendly Way (Rodale Organic Gardening Books (Paperback)) Organic Perfume: The Ultimate Beginner's Guide to Making the Best Organic Perfume in 24 Hours or Less! The Organic Farming Manual: A Comprehensive Guide to Starting and Running a Certified Organic Farm The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) 100 Days of Real Food: How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love Petit Appetit: Eat, Drink, and Be Merry: Easy, Organic Snacks, Beverages, and Party Foods for Kids of All Ages Concentration and Power in the Food System: Who Controls What We Eat? (Contemporary Food Studies: Economy, Culture and Politics) HVACR 201 (Enhance Your HVAC Skills!)

