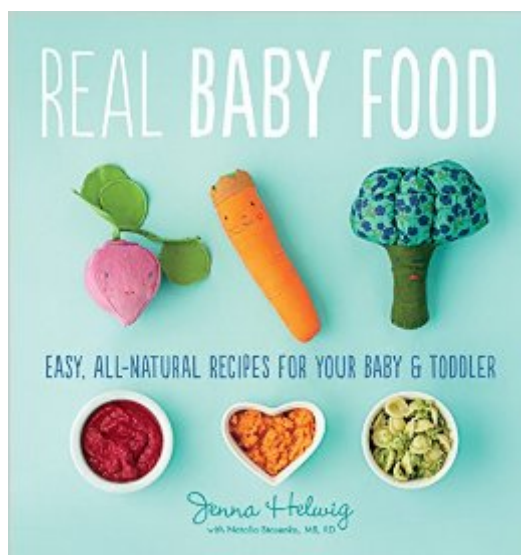


The book was found

Real Baby Food: Easy, All-Natural Recipes For Your Baby And Toddler



Synopsis

Simple Recipes for a Wholesome Start Nothing compares with making your own baby food: It's fresh and unprocessed, you choose what goes into it, and it is a delicious way to introduce your child to a world of flavors. In *Real Baby Food*, Jenna Helwig helps you fit this loving act into a busy day's routine by making the process easy, fast, and flexible with 100 meals to begin a lifetime of healthy eating—from the moment your baby takes her first bite of solid food through her toddler years when she's happily ensconced in a booster seat at the family table. *Real Baby Food* is your guide to these important first years of eating. Find the building blocks of starting your child on solid foods, how to recognize food allergies, and easy ways to cook in bulk. Recipes progress from single-ingredient purées to multi-flavor blends like Salmon, Kale, and Sweet Potato Smash; then move on to finger foods—Turkey Meatloaf Bites, Maple Graham Animals—and finally toddler meals and snacks. Most can be made ahead and frozen, many are easily adapted for grown-up tastes, and all include full nutritional information.

Book Information

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Customer Reviews

View larger Maple Graham Animals from *Real Baby Food* Makes about 60 small crackers Skip the trans fats and high-fructose corn syrup found in many processed animal crackers. Mix up this lightly sweetened whole-grain dough instead and cut away. Animal-shaped crackers are cute, but little circles and stars also delight. Directions 1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper. 2. In a large bowl, whisk together the two flours, baking powder, cinnamon, and salt. Using an electric mixer, beat in the butter, milk, and maple syrup just

until a stiff dough forms. 3. Sprinkle a clean work surface with flour. Transfer the dough to the work surface and roll it out to 1/8-inch thickness. Using small cookie cutters (about 1 1/2-inches wide), cut shapes from the dough and place them on the baking sheet. Re-roll and cut the remaining dough. Bake for 12 to 14 minutes or until golden brown. Make Ahead: Keep the animal crackers in an airtight container at room temperature for up to five days. Nutrition Per serving (6 crackers): 93 calories; 1g protein; 5g fat (3g sat. fat); 12g carbohydrates; 1g fiber; 3g sugars; 31mg sodium; 21mg calcium; 1mg iron; 66mg potassium; 0mg Vitamin C; 143IU Vitamin A

Ingredients 1/2 cup whole-wheat graham flour or whole-wheat flour 1/2 cup all-purpose flour, plus more for dusting 1/2 teaspoon baking powder 1/2 teaspoon cinnamon 1/8 teaspoon salt 1/4 cup unsalted butter, softened 2 tablespoons milk 2 tablespoons maple syrup

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