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The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours



Synopsis

You can prepare three monthsâ™ worth of healthy, homemade baby food in just three one-hour blocks of time!Â Perfect for busy parents, Dr. Lisa Barrangouâ™s innovative plan features instructions for preparing, freezing, and effortlessly combining puree âœbuilding blocksâ• into quick, tasty meals. With fun combinations like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum-Gingered Brocco-Quinoa, and Purple Papaya Flax Yogurt, The Amazing Make-Ahead Baby Food Book will help your baby cultivate an adventurous palate while providing a rainbow of nutrients.

Book Information

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Customer Reviews

I will be the first person to tell you that when it comes to raising a baby, I'm clueless. Pre-baby I thought for sure that once I became a parent I would constantly be reading parenting books, scouring scholarly articles and keeping up to date on the newest parenting techniques. But let's be honest, I am a first time mom with a newborn babe...who has time for all that?! I am lucky to fit in a shower every day, let alone reading parenting books. I definitely was shocked when we were sent home from the hospital with a tiny pamphlet of information regarding basic parenting techniques and care information for my own self... we were just expected to know how to keep this baby safe and make it grow?? Luckily, we have lots of help from family and friends... but when it came to new milestones in little JJ's life, such as starting to eat real food, we didn't even know where to begin! Baby led weaning, purees, a combination... we were so lost. Our pediatrician basically said to not

feed him honey... and that's it. I tend to be more on the "type A" spectrum in where ideally I would like to research all the methods and ideas and then choose an exact plan of action...but like I said before who has time for all that?Almost like clock work, that day I got an email from Blogging for Books advertising The Amazing Make-Ahead Baby Food Book by Lisa Barrangou, PhD... and I requested it immediately.When I received the book I dove in head first and took pages of notes on what to do, how to do it, and any questions I might of had... but let me tell you, this book had it all! On top of the basic information like how and when to introduce foods, there is a whole 3 month day to day meal plan set out for you to use.

This is my third baby food book, and by far the best. For your reference, the two others were Fast & Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes and The Best Homemade Baby Food on the Planet: Know What Goes Into Every Bite with More Than 200 of the Most Deliciously Nutritious Homemade Baby Food Recipes. I was hesitant purchasing this at first, because I did not need to make ahead 3 months of baby food, but this book is amazing even if you don't need it.I used the 'The Best Homemade Baby Food' book for my first child 5 years ago, and was pretty happy with it. However, when I got this one, I was shocked that baby foods can be so diverse. Cooking method is mostly the same for all baby food books. Cut, steam and blend. What makes this book so unique, is that it introduces so many variety of vegetables, fruits, grains and legumes. Some of them I didn't even notice they existed. I love the fact that I can introduce all kinds of food out there to my 6 month old, and hopefully he'll develop a habit of trying a variety of healthy foods later in life too. My 5 year old daughter is still a very picky eater and she has a hard time trying new food. Sometimes I wonder if that could have been changed at least a little if I had this book when she was a baby. Probably not, but still...On top of variety, this book also has 'Food Compatibility Chart'. You can pair and mix your cubes of babyfood to give them thousands of variety for their palate.

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