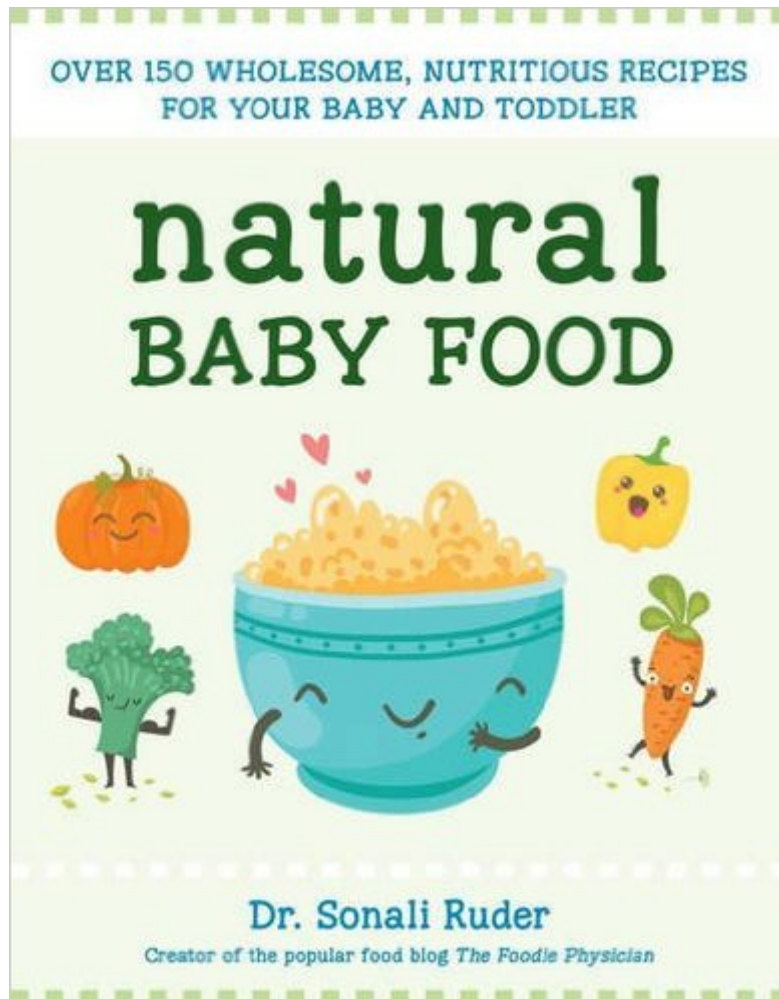


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# Natural Baby Food: Over 150 Wholesome, Nutritious Recipes For Your Baby And Toddler



## Synopsis

The Complete Guide to Making All-Natural Healthy Baby Food "Right in Your Own Home" When it comes to planning a healthy diet for your child, Natural Baby Food removes the guesswork, ensuring that your baby gets the nutrition they need, developing healthy eating habits that will benefit them for years to come! The perfect resource for new and experienced parents alike, Natural Baby Food is filled with over 150 delicious, nutritious recipes to please even the pickiest palate. Divided into concise, clear recipe sections for different stages of your baby's growth, Natural Baby Food is the quick, reliable resource to help any parent keep their baby or toddler happy and healthy throughout their development. Natural Baby Food also includes much-needed information for first-time parents, including when and how to start your baby on solid foods, and safe and effective ways to feed your child. Knowing what to feed your baby can be difficult "let Natural Baby Food make it easy! Natural Baby Food features a variety of tasty, healthy recipes including: -Sweet Potato Puree -Stone Fruit Medley -Baby's First Pasta -Cauliflower Cheesy Bread -Chicken Corn Chowder -Strawberry and Cream Cheese Stuffed French Toast -Pretzel-Crusted Chicken Tenders with Honey Mustard Dipping Sauce -Salmon Cakes with Dilly Yogurt...and many more! Perfect for any parent looking to give their baby the best start possible, Natural Baby Food is the authoritative and reliable resource for those looking to take an active role in their child's nutrition. Making informed, educated decisions about what your baby eats in their first two years helps make sure your baby grows up happy and healthy "naturally.

## Book Information

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## Customer Reviews

I was SO happy to receive this book! Since all of Dr. Ruder's books have been so wonderful, I just knew this one would be terrific, too. And, I wasn't disappointed. It isn't just the recipes (which in and of themselves are prize-worthy) it's the colors, the pictures, the sweet drawings, the commentary. This is truly a remarkable cookbook. I am sure to be making many of the wonderful food selections - and I don't even have a baby. It's that good! And certainly will be the first thing I think of when I need a gift for someone's baby.

As soon as I received this book I dived in and started reading. The book is broken down into two main parts - Part 1: Healthy Nutrition and Homemade Baby Food, and Part 2: The Recipes. Part 1 gives you all the why, when, what and how of homemade baby food and transitioning your baby from a diet of only breast milk or formula to adding solids. It takes out all the guesswork of feeding your baby, which is perfect for busy moms. The recipes in part 2 are separated into age appropriate sections, from 6 months old to the toddler years to dishes the whole family can enjoy! When it got closer to my baby turning 6 months old I got busy in the kitchen whipping up some homemade natural baby food. I chose to give my baby sweet potatoes for his first solids - and he loved it! He couldn't get enough of them! Over the past month and a half I have made and given him many of the recipes out of the first chapter of the recipe section. I love making homemade baby food for my son. I know exactly what is in his food and can take pride in knowing he is eating and enjoying something nutritious I made for him. One thing I love about this book is that it is useful for more than just a few months when your baby is an infant. You can use it as he or she grows into toddler-hood and beyond. Seriously, even if you don't have a baby or toddler you will still find some tasty recipes in this book you will enjoy. They are all simple to make and full of flavor! If you are a new mom or know someone who is expecting or just had a baby, or even someone with a toddler, I highly recommend getting this book for you or to give it as a gift. I love it and can't wait to make more recipes for my baby, toddler and the whole family. Natural Baby Food is a great book for anyone wanting to give their baby the best nutrition possible when starting on solids and beyond.

I have made my own baby food for my first two boys but my recipes were plain...like one ingredient. The Foodie Physician has provided some great options in the "Flavor Boosts" that I will be using with my third child! As I read the recipes for some of the first foods, I thought, "why didn't I think of that?!" My kids are discriminating eaters so a recipe book written by a mom shows that she knows the "struggle is real" when getting kids to eat! And the recipes are healthy, something you can trust coming from a practicing physician. So far, I have made the Apple Pie Quinoa Cookies and the

Super Strawberry Yogurt Pops and my choosy eaters are liking these! My 5 year old helped me make the cookies and even ate them after he saw that an apple went into the mix (he's less likely to try a food when he sees a whole fruit or veggie!) because they smelled so good! He also will now eat fresh strawberries after finding out they were part of the yummy pops! My 3 year old liked the pops but is not convinced on the fresh fruit yet. I'm happy to have a recipe book that can help me provide healthy options that are tasty so I can encourage my children to eat well.

I really enjoyed Natural Baby Food. It helps take all the guesswork out of feeding your baby (and your kids) without information overload or fearmongering. Dr. Ruder gives you all the info you need to make things as easy as possible to feed your baby/family well. There are tips & tricks for when, what, and how to feed your baby, plus tons of recipes for each stage in your child's life. Even if you don't have kids, you'll enjoy the recipes in this book!! I tried the Grilled Cheese Dippers with Creamy Tomato Sauce and served it to my extended family. Everyone loved them and they were so quick & easy to make! I love that the recipes in the book aren't complicated, none require crazy ingredients, and they have an array of flavors and textures to help encourage your child to try new things. Next up, we are making the Baby's Chicken Curry -- which isn't just for babies! \*Disclosure: I received a copy of this book to review but was not encouraged or compensated to write a positive review. Opinions are 100% my own, and I absolutely enjoyed this book even without having children.

Finally there's a cookbook for babies, toddlers and preschool children that makes sense. Dr. Ruder gives more than just recipes in this cookbook, she gives a wealth of information on children and their first connections with food. The recipes are clear, easy to make and have been designed for the busy family. With seven grandchildren of my own, three who are all in the age range of Dr. Ruder's cookbook target group, you can bet I'm delighted to share this treasure w/others. And, don't even think that there aren't recipes in there that 'big' grown up kids can eat! I made the Zucchini Fries and munched on them all day...a perfectly healthy snack w/none of the guilt!

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