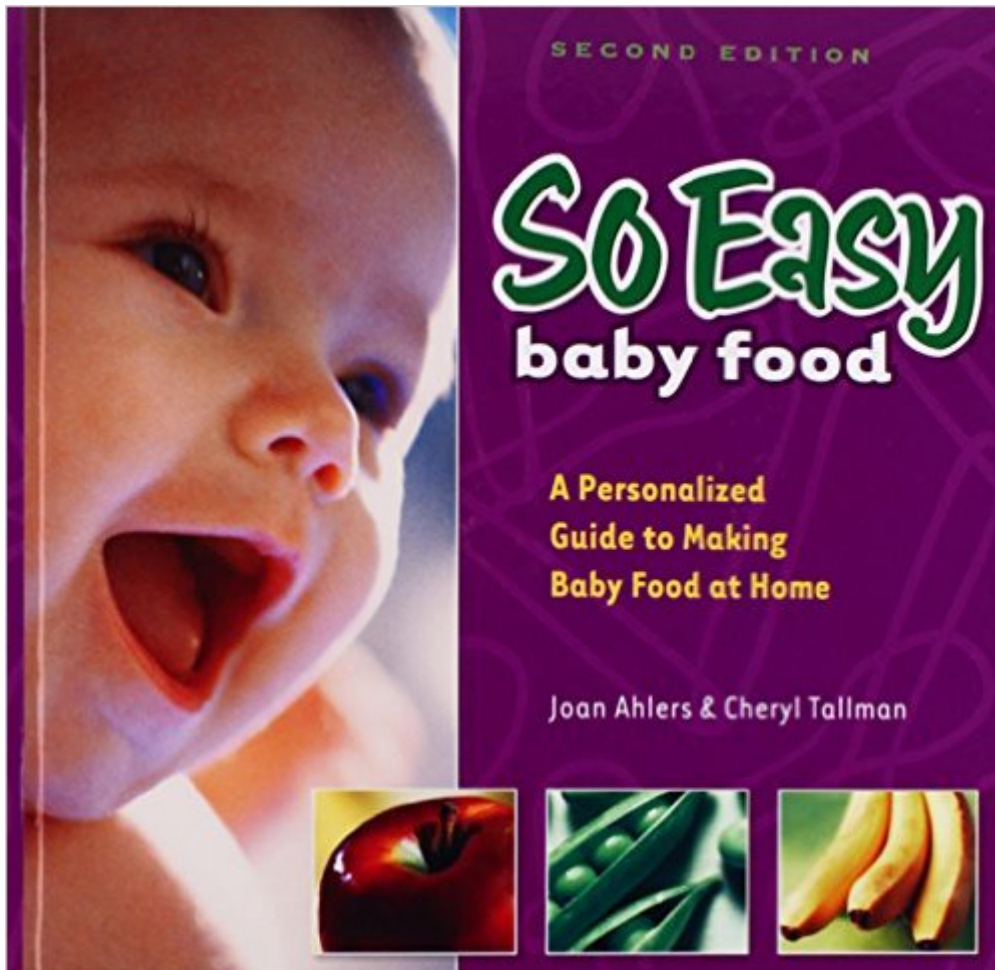


The book was found

# So Easy Baby Food: A Personalized Guide To Making Baby Food At Home, 2nd Edition



## Synopsis

Presented in an innovative format that is a combination of cookbook, workbook, and instructional guide, this reference helps parents provide dietary essentials for their babies through all-natural, homemade baby food. With more than 40 recipes for fruit, vegetable, and protein purees, hundreds of suggestions for creating meals, and tips for enhancing flavor with herbs, parents will learn to easily prepare food in only 30 minutes per week that looks, smells, and tastes better than any mass-produced variety. In addition to the recipes, the guide provides information on the benefits of homemade baby food, introducing solid foods, and developing healthy eating habits, while the workbook format makes it easy to record allergies and other reactions.

## Book Information

Hardcover: 117 pages

Publisher: Fresh Baby LLC; 2 edition (April 15, 2004)

Language: English

ISBN-10: 0972722726

ISBN-13: 978-0972722728

Product Dimensions: 8.6 x 0.6 x 8.7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #587,930 in Books (See Top 100 in Books) #100 in [Books > Cookbooks, Food & Wine > Special Diet > Baby Food](#) #1432 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #4423 in [Books > Cookbooks, Food & Wine > Cooking Methods](#)

## Customer Reviews

This was such a great book! I compared the timelines in it with the major baby websites like [...], as well as with many other baby cooking books, and this one was the BEST ORGANIZED, SIMPLEST TO READ, and EASIEST TO REFERENCE when figuring out what foods to give to our baby in what order. I wanted to love Annabel Karmel's recipes, but they were too sophisticated and time consuming in comparison to the ones in this book. Some of the methodology was a bit repetitive, but I ended up considering this as the foundation to our baby's solid food-tasting experience. Wishing all of you good luck and bon appetit!

I had this book with the trays when my son was born 6 years ago, then bought the book again for my daughter, sans trays. While I liked it enough to buy it a second time, there are some things I

notice the second time around.1--all preparations of food are done in the microwave, with (presumably) Saran or similar wrap. I know that may be an issue for a lot of people--especially those buying a book to intentionally go for the healthier way for their baby!2--there isn't any direction for introducing protein, other than tofu. We don't eat tofu, so I've had to go elsewhere to find out when to introduce meats/proteins.Also, I bought some silicone trays off this time around. So much easier to deal with, but the trays that come with the book do have snapping lids, which is nice.

We LOVE this cookbook. As first time parents, we want to do everything perfectly and this cookbook keeps us on track. It has month by month descriptions of what your child can eat and many suggestions of how to cook them. I recommend this book to everyone looking for direction.

Overall this book is pretty good. Things have changed since published, such as when to introduce certain foods. So I don't pay much attention to the monthly thing. All preparations of food are done in the microwave & with Saran wrap, which I know that may be an issue for a lot of people. Also, there is no introduction on meats! Other than that pretty good book. Tells you what foods pairs with what nicely, great food combos. And there's a place to let you take notes & keep track.

THIS BOOK IS PERFECT FOR THOSE WITH LITTLE TIME, BUT WANT TO GIVE THEIR BABIES THE BEST!!!SUPER EASY RECIPES- MY BABY EATS BETTER THAN I DO!BEST BABY COOK BOOK OUT THERE.GREAT FOR VEGETARIANS TOO!

Great resource for new moms!! My son is 5 months and this was suggested to me from a mom of 4, and I'm so glad I listened! It is great at explaining how to prepare everything, how you can add variations, and what to introduce at what age.

Many people think that making your own baby food must be a lot of work, but the name of this cookbook says it all. It is really quick and easy. A small investment of time produces a month or more of food for your baby. I even went one step further and blanched my vegetables or baked them in the oven since I am not keen on using the microwave. I appreciate that they suggest at which age specific kinds of food can be introduced so as to help avoid food allergies. The suggestions for medleys and herbs/spices that can be introduced later on are also fun for offering variety. It is worth putting in a little time and effort for your baby by making your own baby food. This cookbook makes this process so much quicker and easier.

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

So Easy Baby Food: A Personalized Guide to Making Baby Food At Home, 2nd Edition Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Wine Making: Beginner Wine Making! The Ultimate Guide to Making Delicious Wine at Home (Home Brew, Wine Making, Red Wine, White Wine, Wine Tasting, Cocktails, ... Vodka recipes, Jello Shots Beer Brewing) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Wine Making: 14 Amazing Recipes for Beginners - The Ultimate Guide to Making Delicious and Organic Wine at Home! (Home Brew, Wine Making, Wine Recipes) Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) Home Cookin' Personalized Recipe Keeper Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! Gardening: Air-Cleaning House Plants to Purify Your Home - DIY Home, Home Gardening & Indoor Gardening (Healthy Home, Gardening for Beginners, Container ...

Hacks, Healthier You, Outdoor Gardening)

[Dmca](#)