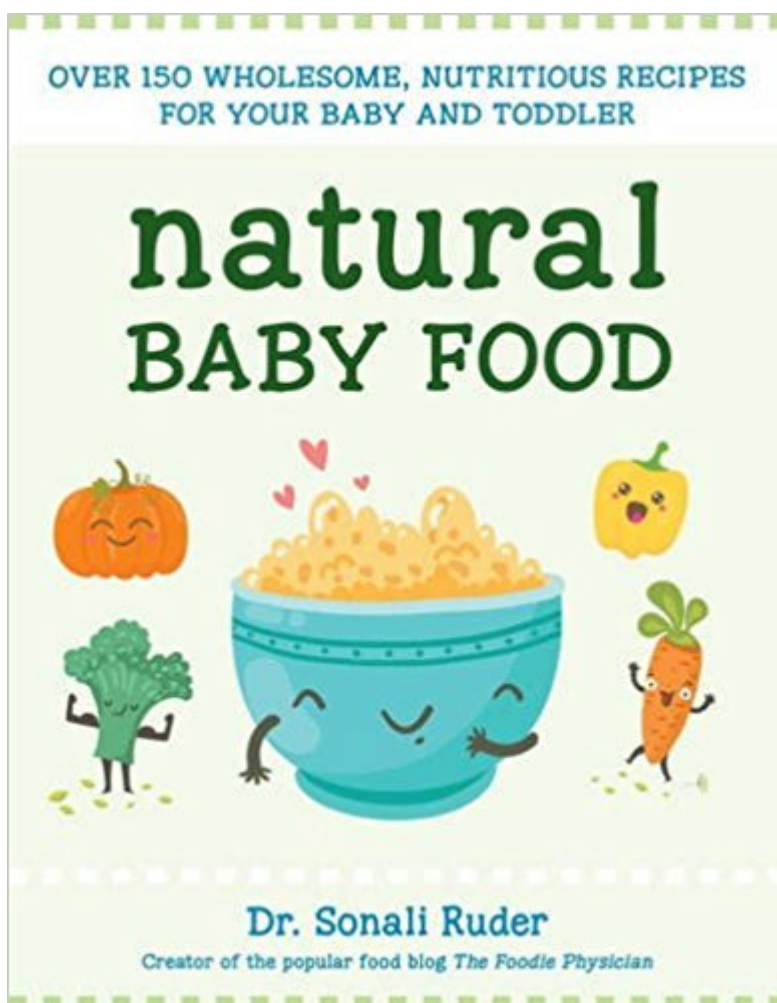


The book was found

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

"Many of the recipes are a great way to introduce baby to new foods and flavors in a fun and tasty way." — Tawnie Kroll, KrollsKorner.com "...packed with easy and delicious recipes that your kids will LOVE." — Lindsay Freedman, TheToastedPineNut.com "...an easy to use, full of great information cookbook that not only can be for babies but for big ol' kids and adults!" — Alice Phillips, AllysKitchen.com "...contains over 150 wholesome, nutritious recipes for your baby and toddler plus [...] information to help you navigate this new world of feeding your little one!" — Melanie Starita, BeTrulyNourished.com "What I like best is that the book is full of recipes that everyone can enjoy and is an excellent way to get your babies to grow up learning to eat all different types, textures, and cuisines." — Meme Inge, MemelInge.com "If you're looking for nutritional guidance for babies and toddlers, complete with delicious recipes and sage advice, I have just the book for you." — Marissa Stevens, PinchAndSwirl.com "...an amazing resource for all moms out there." — Tara Rochford, TrebleintheKitchen.com "I can't wait to share this special book with my sister (and new mom)." — Alanna Waldron, EatsRealFood.com "makes it easy for moms to not only whip up food for their toddlers, but also nourish their own body with wholesome, delicious nutrition." — Elizabeth Shaw, ShawsSimpleSwaps.com "I'm a big fan of her book!" — Kristina LaRue, LoveAndZest.com "...full of helpful information and will help make the transition from breastfeeding to eating solids a breeze." — Lauren Sharifi, BiteofHealthNutrition.com "I wish I had this wonderful cookbook when my children were babies and toddlers, and young children." — Lynette Moore, MooreOrLessCooking.com "If you have a little one (or a little one on the way) I totally recommend this book!" — Kalee Lundmark, TheCrowdedTable.com "Not only does she provide a myriad of amazing recipes, but they are wholesome recipes that you can feel good about feeding your babies and toddlers." — Sara Haas, SaraHaasRDN.com

Dr. Sonali Ruder is a physician, chef, recipe developer, and food blogger. Her passion for food started several years ago when she was doing her residency training in New York City. In 2007 she entered a recipe contest on a whim and ended up being selected from thousands of entrants to compete on a cooking competition on the Food Network. After a few years of competitive cooking, Sonali decided to take her passion for cooking one step further by enrolling in culinary school at the Institute of Culinary Education. While she was a student, she started her popular food blog The Foodie Physician where she uses her medical and culinary backgrounds to help readers create

meals that are nutritious and full of flavor. In addition to practicing medicine, Sonali also develops recipes and is a contributing writer for several national magazines, cookbooks, and websites. She recently moved to sunny Fort Lauderdale where she lives with her husband and daughter.

I really didn't like it! I'm sorry. It didn't seem very easy to use. A good one is The Baby and Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start (found on). It's my bible and I love that book! Get that one! Easy and tasty recipes!!

Bought two copies- one for myself and one for my sister who is expecting her first child. Love the information about introducing foods and what babies should eat at certain ages. The pictures are great! Can't wait to try out the recipes for my newborn (when she starts solids) and see what I can get my 4 year old to eat from the book! This is an excellent gift for any new mom!

Great book for parents starting their children on table foods. I wish I had this when my daughter was starting new foods! Great recipes, sample menus and great background information. My daughter loved the quesadillas, strawberry & cream cheese French toast, and spinach frittatas. I also bought this book for my sister. I would highly recommend this book!

I am a fan of Dr. Ruder's cook books. I own "The Greek Yogurt Diet" and "Cooking Well Anti-Aging" and have prepared many delicious and healthy meals from both. I am now a grandmother who made a lot of my sons baby food so I was really interested in Dr. Ruder's approach to baby and toddler food. After looking through her book I purchased "Natural Baby Food" and know I will be making recipes from this book as well.

I gave this to my sister as one of her baby shower gifts. She is very much into organic and natural foods. She was extremely and happy with this book. It has very easy instructions and recipes with lots of varieties of foods for your baby and child based on their age.

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.

Love it! Beautiful recipes and very user friendly! As a physician myself I think it is an awesome recipe book for new moms!

Confession: I'm not a mom, nor do I really ever plan to be one (unless you count all the pets I plan to adopt!) but I'm a family med resident starting my 2-month OB/GYN rotation in a few weeks, so this will be awesome information to tell my new moms! :]
Part I includes the following chapters:-Why Homemade Baby Food?-Starting Solids: When, What and How-Becoming a Baby Food Chef: What You Should and Shouldn't Feed Your Baby-The Building Blocks of Good Nutrition-Safely Feeding Your Baby-Making Homemade Baby Food 101
I particularly liked the section with the charts on herbs, their flavor profiles, and what they pair well with. It will be super helpful for my future kitchen experiments! It also covers the different macronutrients, vitamins and minerals, and what kinds of foods to consume to get more of them! There's also a great section on things to avoid feeding your baby, as well as food safety and pantry essentials!
Part II includes the recipes!"First Spoonfuls: 6 Months" includes recipes for Vegetable Purees, Fruit Purees, No-Cook Purees, Cereals, and Tasty Combinations! (If you don't have kids, these purees can easily be incorporated into desserts or made into smoothies to pack in some extra nutrients!)"Fun Flavors: 6-8 Months" includes recipes for Vibrant Vegetables, Fantastic Fruits, Mighty Meat and Fish, Lovely Legumes, More Tasty Combinations, and Roasted Recipes."Tasty Textures: 8-12 Months" includes recipes for Great Grains, Combination Meals, and Finger Foods."Big Kid Meals: 12 Months and Up" had lots of awesome recipes great for any age, including Breakfast, Lunch and Snacks, Soups, Dinner, and Sweet Treats.
The end has an appendix with health and nutrition resources, including websites for general nutrition information, allergies + asthma, breast-feeding, food safety, first aid/CPR, and organic food. Each recipe section includes sample menus for your behbeh, and the recipes each have a short intro that covers different tips, alternatives/variations, and information on nutrition, as well as the ingredient list, and instructions. Lots of these recipes look really fun, regardless of whether or not you have kids. As I stated before, the target audience is for moms-to-be/moms, but even if you don't have any kids, you'll find lots of super tasty recipes for yourself and others in here (and a wealth of useful information)!
Disclaimer: I received this book for free in exchange for an honest review, but as always, my thoughts + opinions are mine and mine alone!

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