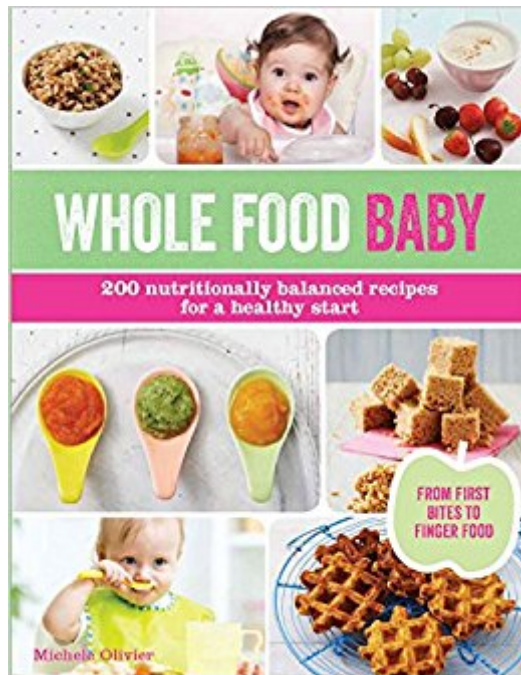


The book was found

Whole Food Baby: 200 Nutritionally Balanced Recipes For A Healthy Start



Synopsis

Say goodbye to bland, boring baby food forever! Whole Food Baby helps you introduce your child to a world full of nutritious, health-fortifying whole foods. You'll find 200 recipes that will inspire you to create delicious and nutritious foods for baby, from best first bites to nourishing finger foods. Everything from First Foods to Finger Foods and Beyond, including Meatballs, Sandwiches on Sticks, Finger Salads, Super Simple Hummus, Cinnamon Sweet Potato Crunchers, Apple and Spinach Green Smoothie, Roasted Red Bell Pepper, and Feta Crustless Mini Quiches, and more. Recipes are packed with whole foods, spices, herbs, and flavors that will delight your baby's palate while providing the essential building blocks for development. Baby food blogger Michele Olivier will help you whip up delicious baby purees and toddler meals featuring seasonal fruits and vegetables, healthy grains like quinoa and millet, and spices and herbs from cinnamon and curry to basil and chives. Flax seeds, chia seeds, yogurt, coconut milk, and olive oil are also added to boost nutritional content and maximize flavor. Create healthy habits from the start with help from this book, which is a perfect companion to Whole Food Energy. Together, both books can show you how easy it is for your entire family to reap the benefits of eating whole foods, one bite at a time.

Book Information

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Customer Reviews

"Any reader with new babies will greatly benefit from Michele Olivier's Whole Food Baby. Olivier divides her book into four sections according to the different feeding regimens for babies less than four months old to past four months. Each section is neatly color coded, and

recipes range from simple purees through combination purees through chunky purees until the baby is ready for finger foods. Each section offers a number of healthy recipes and variations for each. They are easy to prepare and, wisely, Olivier adds small amount of spice to each to have the baby accept and enjoy flavorful foods, using thirteen common spices. Each recipe has one or several of fifteen nutritional keys, explained in the first section. The writing is good, simple, clear. The first three chapters are meant to be in conjunction with breast feeding or formula, while the last chapter is for older children over the age of four. Photo illustrations are helpful as occasional sidebars and notes (allergies and food intolerances; nuts and seeds). The author offers two useful indexes: recipes by key nutritional benefits and a good general index. This book will be much used; if possible, buy one in hardback edition. 151;San Francisco Book Review, www.sanfranciscobookreview.com

Michele Olivier started making baby food after her first baby girl was born. Soon her innovative recipes were being converted by local moms and Michele decided to share her creations (and her baby's reactions) on her blog, babyfoode.com. It now receives over a million page hits a year and has been featured on BuzzFeed, Daily Parent, Red Tricycle, and Brit+Co.

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