



The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids

Maggie Meade

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Filled with over 150 tasty recipes, information on nutrition, freezing food facts, allergies, myths, and best practices for introducing foods to your little ones, THE WHOLESOME BABY FOOD GUIDE, is based on the top-rated baby food website WholesomeBabyFood.Momtastic.com created by Maggie Meade. This book has it all. It's the only book you'll need to easily create nutritious homemade baby foods and confidently nurture a healthy eater.

Baby food can be fresh, vibrant and delicious when it's made easily at home - and made from foods the whole family enjoys too. Food for babies does not have to come from a jar and be tasteless, processed and bland. With more than 150 recipes, as well as storage tips, and allergy alerts, this is the only baby food book you will ever need. Maggie also reviews the three major stages of a baby's learning to eat:

- 4-6 months | 6-8 months | 8 months and beyond to toddlerhood

Written for parents and caregivers, Maggie knows the pressures of mealtime and the barrage of conflicting information on feeding babies; she made homemade baby foods for all three of her kids, including twins. With courage, humor, and gentle motivation, this book will show parents that their baby's food doesn't have to come from a jar to be healthy and safe. In fact, the healthiest, safest, and tastiest (not to mention least expensive!) foods for babies are those cooked from real ingredients in the kitchen at home.

This book sets the stage for a child's lifelong love of healthy and wholesome foods. Move over commercial baby food companies -- parents are getting into the kitchen!

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