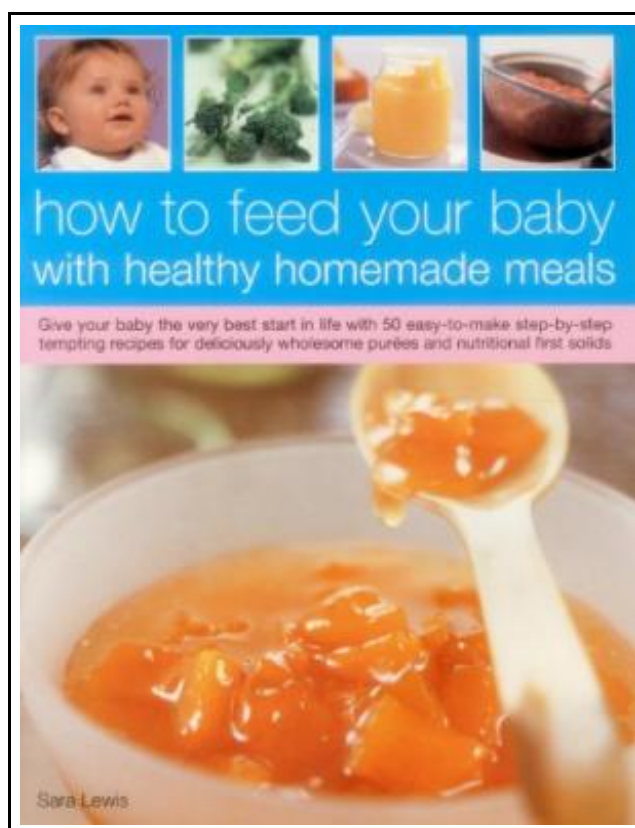


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Hermes House. Paperback. Book Condition: new. BRAND NEW, How to Feed Your Baby with Healthy and Homemade Meals: Give Your Baby the Very Best Start in Life with 70 Easy-to-make Step-by-step Tempting Recipes for Deliciously Wholesome Purees and Nutritional First Solids, Sara Lewis, This title helps you to successfully introduce your baby to solids with this collection of nutritionally-balanced recipes for purees and first solid meals. It includes advice on topics such as equipment; hygiene and food preparation; when to begin weaning; batch cooking; nutrition; vegetarian babies, and much more. It contains over 70 easy-to-make and tempting step-by-step dishes, shown in over 250 photographs. This clear and accessible book is designed to help parents through every stage of their baby's changing dietary needs with confidence and assurance. Clear, authoritative nutritional advice from a leading childcare writer is augmented by hints and tips on equipment, hygiene, ingredients and preparation, and the introduction covers subjects such as weaning, feeding frequency and avoiding fussy eating. The easy-to-follow recipes offer an exciting repertoire of appropriate foods, and together create a well-balanced diet, full of variety and new tastes. Illustrated throughout, this is a book that every new parent will enjoy using constantly.

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