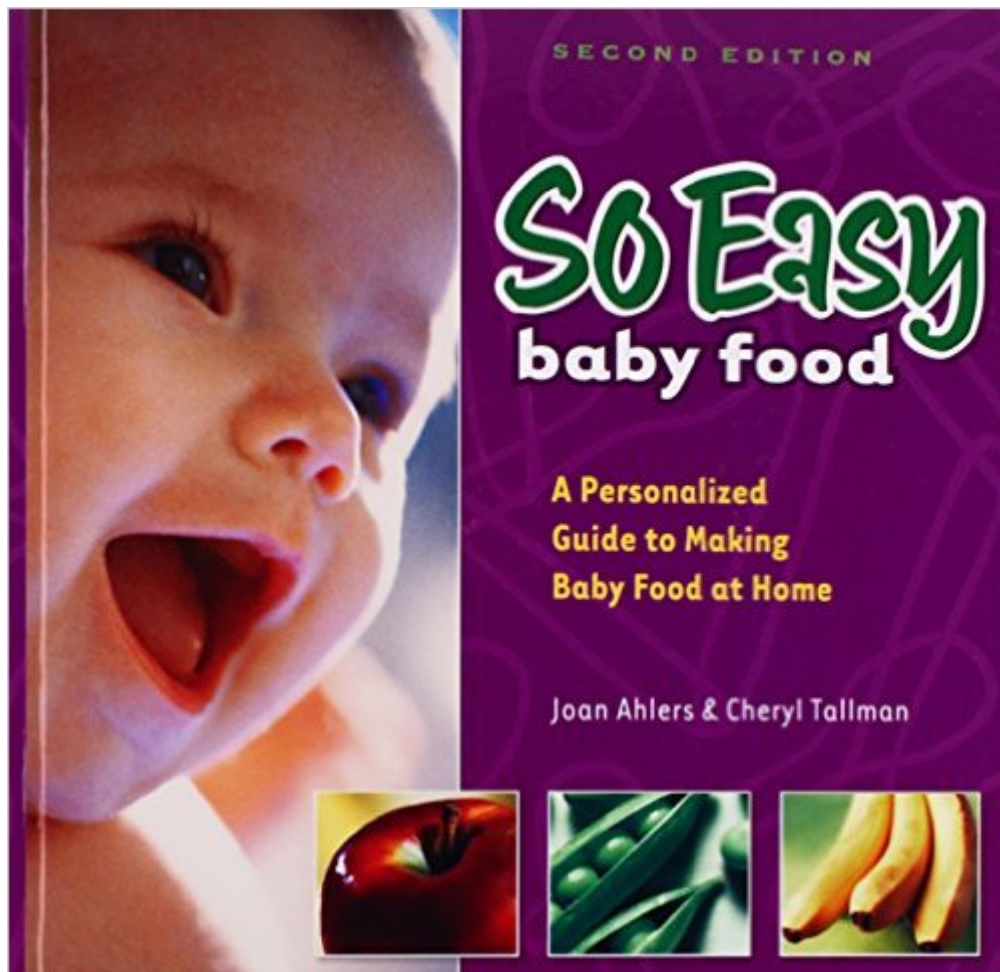


The book was found

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

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

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

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