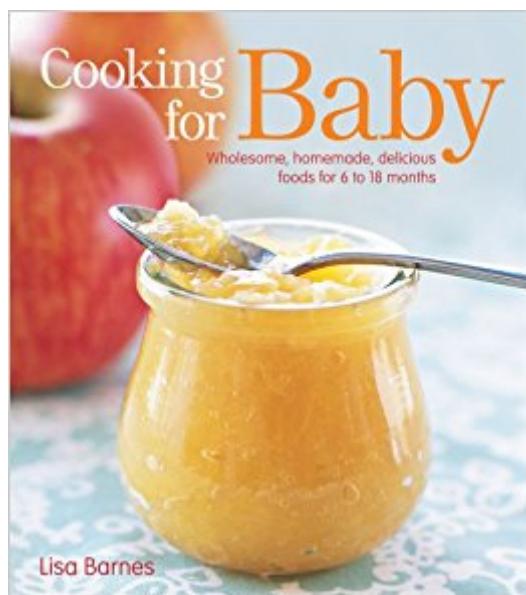


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# Cooking For Baby: Wholesome, Homemade, Delicious Foods For 6 To 18 Months



## Synopsis

From celebrated children's-food author Lisa Barnes, *Cooking for Baby* is a fully illustrated, gorgeous, four-color book that takes parents through the basics of preparing nutritious, delicious (and easy!) meals for your child, from six to eighteen months. Parents today know that one of the best ways to give a baby a great start in life is with wholesome, homemade foods. While ready-made baby food is a convenience that any new parent can appreciate, feeding everyday fresh foods is the best way to teach a child healthy eating habits and an appreciation for good food from the cradle onward. The eighty recipes in *Cooking for Baby* make preparing delicious meals for babies and toddlers a breeze, even for busy parents. The recipes are organized by age, showing how to introduce cereal grains and simple vegetable and fruit purees to your infant at six months, how to move on to chunkier foods by eight or nine months, and how to graduate to real meals for young toddlers of twelve to eighteen months to enjoy along with the entire family. When you see how easy it is, with a few smart tips on preparation and storage, you'll never go back to the jars. With *Cooking for Baby*, your youngster will enjoy a wide variety of fresh and interesting foods for a very happy and healthy beginning.

## Book Information

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## Customer Reviews

I will recommend this book to all the people who have kids, that sounds like everybody right :)What I mean is, if you have a kid and you want to develop good eating habits in him this is a must read for you. All food and items are explained with picture and description. It also suggest what to feed according to the kid's age.I enjoyed all this reading... hope all of you will have same thoughts.

First off, my baby loves the recipes included in this book. It is sectioned off by stages -- providing starter foods for first tastes, then moving to more substantial recipes and combinations, and finally toddler foods with lots of tastes and textures. It has lots of tips, including guidelines for refrigeration or freezing the food. The recipes are very similar to the sorts of things the adults in our family eat -- veggies, fruits, roasted meats, even risotto! I want my child to experience real food and not get into the chicken nugget rut. These recipes will help develop a nice palate in children. Second, I am a fan of cookbooks and have quite a collection. This book ranks up there with some of the best books I have -- nice quality photography, ease in reading and following recipes, variety in recipes, helpful introductions and tips for cooking specifically for babies. Whether you are a beginner or a seasoned cook, this cookbook is a great choice for anyone wanting to make homemade baby food. All you need is this book, a steamer basket, and a food processor or blender. Easy!

When it comes to making dinner at home I grab the nearest ingredients, eyeball the measurements and whip up my own dish. But when it comes to making baby food? Oh help me. Other than mashing a banana, I'm at a complete loss. This book has been great for first time moms like me that still like to peruse through books rather than bounce around for recipes on the internet. The food photography is beautiful (hooray for cookbooks with pictures!) and the ingredients are simple and obtainable. I appreciate the blurbs of nutritional info on the side margins of each recipe so I know what my baby is getting out of the food. And, because the book is divided by age-appropriate food recipes, spices, and finger foods, I can educate and prepare myself for my baby's next stage and buy his ingredients with my own at the grocery store without making a special trip to buy prepackaged baby food. The recipes are far from complicated but if you lack imagination/knowledge of recipes and flavorings, this book is worth it. Another bonus is that the recipes towards the later stages are great for moms to eat as backup in case the little one wants to pass. Roasted red peppers and goat cheese? Why yes!

This book contains great guidelines for how to prepare first foods for your baby. I say "guidelines" because I followed my pediatrician's recommendations on what to introduce when instead of the book's. I used the ages as guidelines as well, as we started our guy on solids at 3 mos, so I just moved along accordingly. What I appreciated most were the tips for getting the most nutritionally out of the foods (ie baking sweet potatoes in the skin instead of peeling them first, same with apples & pears) and information on what nutritional value each food provides a rapidly growing babe. Also

useful information on how long each type of food keeps, both in the fridge & freezer. As Jr. gets older, there are also recipes for when you start eating together as a family that are suitable with regards to salt, sugar, fat, etc. for the little one and also yummy (with a little seasoning added...) for mom & dad. As an avid home-chef, this book really provided me with some guidance for how to translate our family's love of cooking & food into something our son can participate in as well. (Added bonus - the photos are beautifully styled, secretly what drew me to the book in the first place!)

Bought this for my daughter when she was expecting her son. He is 9 months old now and she used this book quite a bit for ideas. Really, making baby food is not that difficult. Just puree soft foods, right? But what about healthy choices and flavor? This book will help you prepare healthy, well rounded, good tasting foods for your baby. She recommends it!

Some reviewers argue that this book is too basic, but for me, just learning what foods my infant could eat, this book was perfect because it wasn't overwhelming and the recipes start very basic and explain each step. Other cookbooks take for granted that you have a vast cooking background, but not this one. I appreciated that. There are beautiful photos in the book that are kind of inspiring, though I realize that's not essential, I liked it. If you're the first-time parent of a 5-6 month old and you want to start making fresh baby food, I highly recommend this book as well as the Fresh Baby Ice Cube Trays. That (and the produce from the market) is pretty much all you need to get started.

Love this baby cookbook. It has so many creative recipes to make your own baby food!

I gave these away as gifts that were highly recommended. The books arrived exactly as described.

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