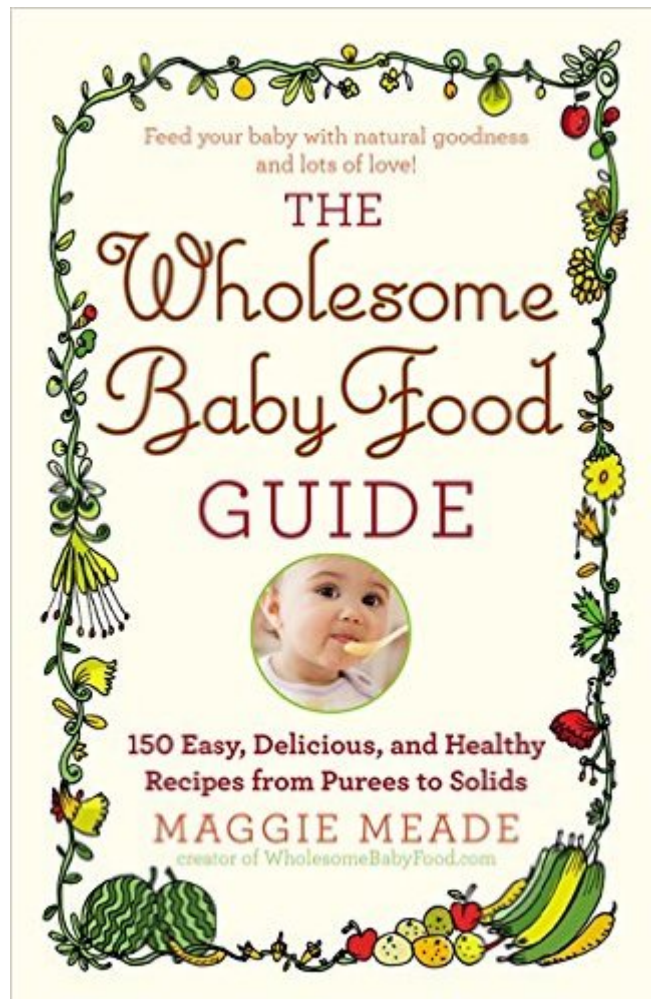


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# The Wholesome Baby Food Guide: Over 150 Easy, Delicious, And Healthy Recipes From Purees To Solids



## Synopsis

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](http://WholesomeBabyFood.Momtastic.com) created by Maggie Meade.Â 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.Â 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 toddlerhoodWritten 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.Â 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!

## Book Information

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## Customer Reviews

I love this lady's website, but I'm really ADD, and I needed something in a more linear format because I felt like I was only getting bits and pieces. It's a very easy, quick read...I bought this book on a Friday evening, and had read through all the information chapters by Saturday night. (I have a 5 yr old and a 4 mo old, so its not like I'm sitting around doing nothing.) I purchased the Kindle version and I love that I can look at the table of contents and click the recipe I want, I can bookmark it, and I can also click to recipes and other information from the first 7 info chapters. You can also search on the Kindle edition, making your life much easier when you have that, "I know I read that somewhere..." moment, but your mommy brain just won't allow you to find it. The recipes are great and the information is all up to date. She also includes quite a bit of info on food allergies, which was important for me as the mom of a food allergic child. I love that the author organized the recipes by age range/stage, because its easy to look at the list in the TOC and click to pick. Her recipes in stage 3 also have some ideas that could easily be a family meal that you puree on the spot for baby. In addition, the author also gives you tips with each recipe, and many of them are time-savers such as baking your sweet potatoes when you bake your roast to make use of the empty oven space. I do have 2 wishes for this book: 1) that she would include more info on the advantages/disadvantages of the different types of food prep and storage, and 2) that she would have included a "guesstimate" of how much each batch will make.

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