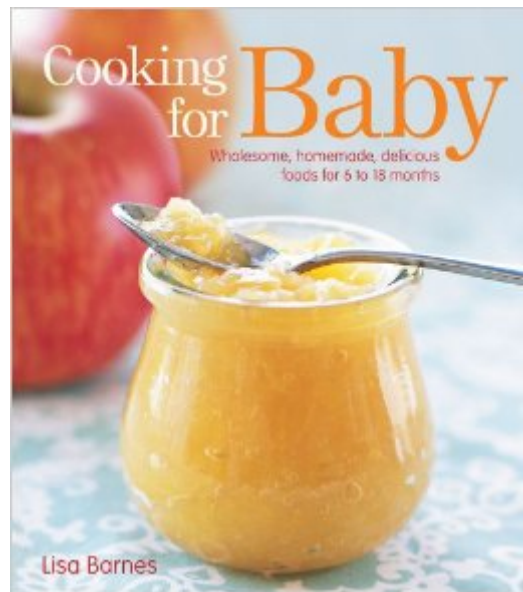


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# Cooking For Baby: Wholesome, Homemade, Delicious Foods For 6 To 18 Months



## 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

This book has great recipes, and it's well written. What I like the most about this book is that it starts simple with one-ingredient purees, and gradually introduces recipes that have more texture and use the same ingredients that the baby has already had. Before each section of the book (e.g., 6 months, 7-8 months, 9-11 months, etc), there is some good information about food choices,

textures, quantities, and similar, that I found useful... I have read many baby food books, and I believe that this one is one of the better ones. Highly recommend it.

I bought this book since I was planning to cook at home for my daughter and I needed some ideas. This book is excellent for the following reasons:- Separates food introduction by ages: 6 months 7-8 months 9-11 months 12-18 months- Recipes are simple to follow(believe me I am not an expert on cooking and I was able to make it) and above all they are healthy.- Tips on food introduction, finger foods and alerts on possible food allergies.The recipes are really yummy and I even tried some of the recipes myself.

This book should be given to all new parents! Excellent organization according to baby age, easy-to-read format, beautiful photos. Includes great lists such as what foods are easiest for baby to digest, which foods might cause gas, and which foods are best introduced when baby is a bit older. Great tips on storing and freezing food. Love that each recipe has side notes about specific foods. This is the best common-sense, organic, healthy approach to feeding your child...don't hesitate to buy it!

I received this book as a gift, as well as 'Top 100 Baby Purees' by Annabel Karmel. If you are considering purchasing one of these two titles, I really like the 'Cooking for Baby' cookbook - visually, it's very appealing, and the recipes are simple - something I, as the mother of a 6-month-old, appreciate.I prefer this title over the other I mentioned as these recipes stay away from adding butter and milk to baby's dishes, whereas 'Top 100' uses these additives.Thus far, I've only made a couple of the vegetable purees (and really, it's not these early recipes that make the book as it's pretty basic, common sense stuff) but am looking forward to making some of the dishes in the 7-to-8-month and beyond sections.

This book has lots of pretty pictures but that's not what I need, I need a recipe book with lots of yummy recipes for my daughter, this book was a disappointment. It only had a few good recipes and everything else was pretty standard that you would already know to do yourself. Mash bananas, puree apples etc.. I wanted recipes that were like something I would eat myself. I ended up ordering a different book top 100 baby purees by Annabel Karmel and I LOVE that book! Much better. If you are deciding what recipe book to get, I'd go with that one instead.

I received this book as a gift and was successful with the purees in the 6 month section. I enjoyed how the book was laid out by age, and that all of the recipes involve high quality, nutrition packed ingredients. However, as the book got further along, the recipes got much more time consuming, and some required specialty ingredients. Some recipes just didn't work for me at all, the most frustrating of which was a recipe for Lentil Burgers. The recipe took an hour to complete from start to finish (not at all practical when you have a toddler running around getting more and more hungry), and didn't turn out at all like the book said it would. Their dried apricot and dried prune puree was pretty ridiculous. First of all, why dry a fruit, when you then just have to soak it to rehydrate it? If it's not apricot season, there are some delicious organic canned options. The dried fruits left a super sticky, very thick puree that even after adding a ton of water was so sticky that I was afraid my 7 month old wouldn't be able to swallow it. All in all, this book has the right idea - I just didn't find the recipes practical or easy to make.

This book makes recommendations for when to introduce specific new foods for baby, I've found it very helpful... even inspirational for developing my baby's food palate!

I used this book a lot when my baby was just starting on solid foods. It was a great guide for me as a new mom and making homemade baby food for the first time. Making homemade baby food was so much easier than I ever expected and it was nice to have this book as my guide when choosing appropriate foods and preparing them correctly for baby. There are some great pointers for how to start introducing foods and which are the most appropriate to start with and why. Additionally the book provides information on the health benefits for baby of the foods listed. Most recipes are straight forward, steam or boil until soft then puree in a food processor, blender, etc. and thin with breast milk, formula, water, etc. The main benefit of this book for me was that it provided ideas of what to cook and how to store it. I feel pretty proud of myself that I have been able to provide a healthy introduction to a variety of foods. My almost one year old is a great eater and enjoys almost everything we offer to her (some textures are not welcomed by her). She adapted to table foods flawlessly because we are giving her the same fresh foods, just in a different form. I use this book and wholesomebabyfood on momtastic's website for most of my ideas when preparing her meals. I am a mom who also works full time. My time with my baby is precious to me, so I'm happy to say most of the recipes are very quick and easy. I would also recommend getting a large kidsme food feeder and the fresh baby ice cube trays along with this book. If you are on the fence about making your own baby food, just try it out for a week and you will be surprised by how easy, inexpensive,

and healthy it is.

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