

First Bites: Homemade, Nourishing Recipes from Baby Spoonfuls to Toddler Treats (Hardback)



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Reviews

Completely essential read through book. It normally is not going to charge an excessive amount of. I found out this book from my dad and i advised this pdf to find out.

(Madelyn Douglas)

FIRST BITES: HOMEMADE, NOURISHING RECIPES FROM BABY SPOONFULS TO TODDLER TREATS (HARDBACK)



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Skyhorse Publishing, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Start your baby off right with real food to nourish their every need. First Bites teaches you the ins and outs of introducing food so good, even you will want to eat it! This adorable and innovative cookbook is packed full of easy recipes that are bursting with flavor and nutrients to expand your baby's palette and give them the vitamins they need to thrive. Work your way through flavorful purees that will delight your baby's taste buds and get them excited about a new world of real food. Then, you'll transition them into eating little bites that get them ready to participate in family meal time! Your baby will not only love eating these delicious recipes but will also develop healthy eating habits early on. Recipes include: * Roasted banana and pears with cinnamon* Zucchini mashed potatoes with thyme* Curry coconut sweet potatoes* Spinach and lentil fritters* Mini whole wheat vanilla waffles* Tropical coconut chia pudding* Cocoa spinach protein smoothie* Mini cheddar, sweet potato, and leek frittatas* Baked fish sticks* So many more!.



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