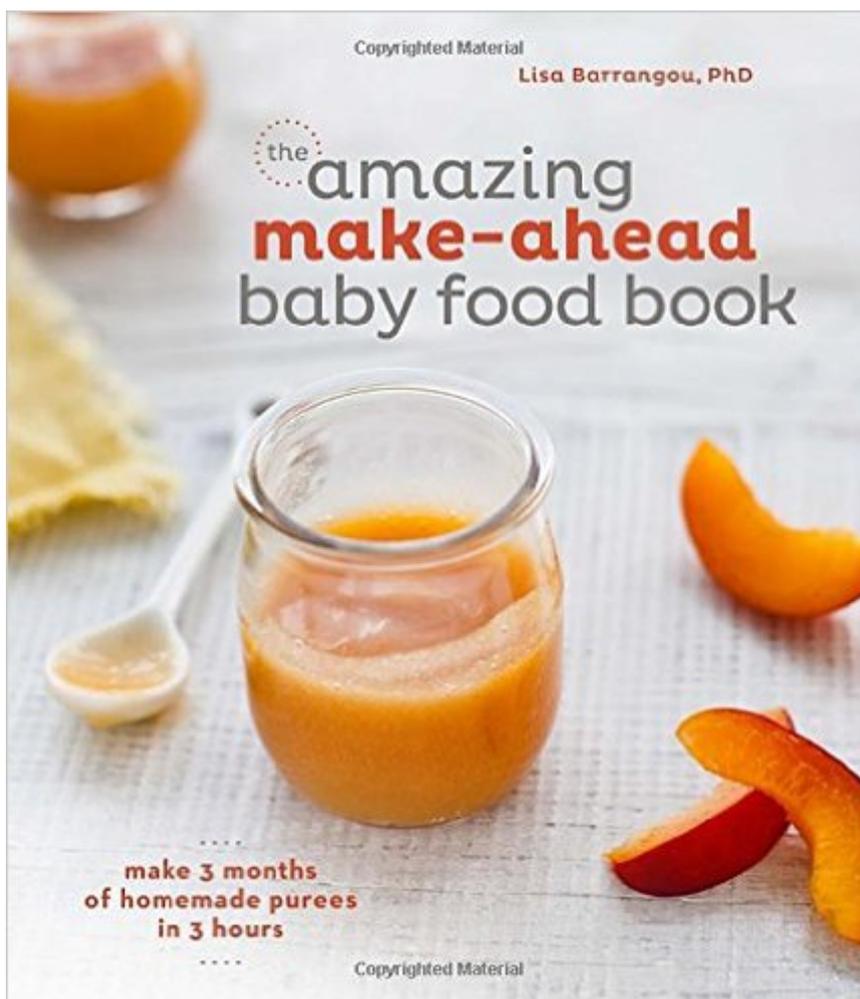


The book was found

# The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours



## Synopsis

You can prepare three monthsâ™ worth of healthy, homemade baby food in just three one-hour blocks of time!Â Perfect for busy parents, Dr. Lisa Barrangouâ™s innovative plan features instructions for preparing, freezing, and effortlessly combining puree âœbuilding blocksâ• into quick, tasty meals. With fun combinations like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum-Gingered Brocco-Quinoa, and Purple Papaya Flax Yogurt, *The Amazing Make-Ahead Baby Food Book* will help your baby cultivate an adventurous palate while providing a rainbow of nutrients.

## Book Information

Hardcover: 192 pages

Publisher: Ten Speed Press (April 28, 2015)

Language: English

ISBN-10: 1607747146

ISBN-13: 978-1607747147

Product Dimensions: 7.8 x 0.8 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (60 customer reviews)

Best Sellers Rank: #12,126 in Books (See Top 100 in Books) #7 inÂ Books > Cookbooks, Food & Wine > Special Diet > Baby Food #35 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #78 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I will be the first person to tell you that when it comes to raising a baby, I'm clueless. Pre-baby I thought for sure that once I became a parent I would constantly be reading parenting books, scouring scholarly articles and keeping up to date on the newest parenting techniques. But let's be honest, I am a first time mom with a newborn babe...who has time for all that?! I am lucky to fit in a shower every day, let alone reading parenting books. I definitely was shocked when we were sent home from the hospital with a tiny pamphlet of information regarding basic parenting techniques and care information for my own self... we were just expected to know how to keep this baby safe and make it grow?? Luckily, we have lots of help from family and friends... but when it came to new milestones in little JJ's life, such as starting to eat real food, we didn't even know where to begin! Baby led weaning, purees, a combination... we were so lost. Our pediatrician basically said to not

feed him honey... and that's it. I tend to be more on the "type A" spectrum in where ideally I would like to research all the methods and ideas and then choose an exact plan of action...but like I said before who has time for all that?Almost like clock work, that day I got an email from Blogging for Books advertising The Amazing Make-Ahead Baby Food Book by Lisa Barrangou, PhD... and I requested it immediately.When I received the book I dove in head first and took pages of notes on what to do, how to do it, and any questions I might of had... but let me tell you, this book had it all! On top of the basic information like how and when to introduce foods, there is a whole 3 month day to day meal plan set out for you to use.

This is my third baby food book, and by far the best. For your reference, the two others were Fast & Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes and The Best Homemade Baby Food on the Planet: Know What Goes Into Every Bite with More Than 200 of the Most Deliciously Nutritious Homemade Baby Food Recipes. I was hesitant purchasing this at first, because I did not need to make ahead 3 months of baby food, but this book is amazing even if you don't need it.I used the 'The Best Homemade Baby Food' book for my first child 5 years ago, and was pretty happy with it. However, when I got this one, I was shocked that baby foods can be so diverse. Cooking method is mostly the same for all baby food books. Cut, steam and blend. What makes this book so unique, is that it introduces so many variety of vegetables, fruits, grains and legumes. Some of them I didn't even notice they existed. I love the fact that I can introduce all kinds of food out there to my 6 month old, and hopefully he'll develop a habit of trying a variety of healthy foods later in life too. My 5 year old daughter is still a very picky eater and she has a hard time trying new food. Sometimes I wonder if that could have been changed at least a little if I had this book when she was a baby. Probably not, but still...On top of variety, this book also has 'Food Compatibility Chart'. You can pair and mix your cubes of babyfood to give them thousands of variety for their palate.

[Download to continue reading...](#)

The Amazing Make-Ahead Baby Food Book: Make 3 Months of Homemade Purees in 3 Hours 201  
Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! The Wholesome  
Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids Cooking  
for Baby: Wholesome, Homemade, Delicious Foods for 6 to 18 Months Top 100 Baby Purees Baby  
Shower: Baby Record Book. Activity Journal, Message Book, Guestbook, Journal, Pregnancy,  
Motherhood, Mum, Mother, Dad, Father, Baby, Girl, Boy, ... With 20 Baby Shower Games, 8x10in  
(Volume 3) The Food Service Professional Guide to Controlling Restaurant & Food Service Food

Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To)  
Making the Most of Your Food Processor: How to Produce Soups, Spreads, Purees, Cakes,  
Pastries and All Kinds of Savoury Treats. Buses (Pull Ahead Books) (Pull Ahead Books  
(Paperback)) Concrete Mixers (Pull Ahead Books) (Pull Ahead Books (Paperback)) Cranes (Pull  
Ahead Books) (Pull Ahead Books (Paperback)) Motorcycles (Pull Ahead Books) (Pull Ahead Books  
(Paperback)) Fighter Planes (Pull Ahead Books) (Pull Ahead Books (Paperback)) Helicopters (Pull  
Ahead Books) (Pull Ahead Books (Paperback)) Stock Cars (Pull Ahead Books) (Pull Ahead Books  
(Paperback)) Supercross Motorcycles (Pull Ahead Books) (Pull Ahead Books (Paperback)) Blender  
Baby Food: Over 175 Recipes for Healthy Homemade Meals The Baby Sleep Solution: A Proven  
Program to Teach Your Baby to Sleep Twelve Hours aNight The Best Homemade Kids' Snacks on  
the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love Homemade  
Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and  
All You Need to Know about Baking (Low Carb Desserts & Homemade Pies)

[Dmca](#)