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Bebe Gourmet: My Baby Recipe Book - 100 Easy Recipes for Raising Adventurous Eaters

By Jenny Carencio

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Bebe Gourmet: My Baby Recipe Book - 100 Easy Recipes for Raising Adventurous Eaters, Jenny Carencio, Move over mushy carrots and peas - in Bebe Gourmet, Jenny Carencio shares her French-inspired recipes for exciting, nutritional, simply prepared baby food. From Peach Compote and Carrot and Cumin Puree to Chicken with Carrots and Apricots and Baby Beef Bourguignon, Jenny shares her delicious baby food ideas, as well as her essential tips and tricks. All with the aim of helping to develop your baby's tastebuds, encouraging healthy eating habits and a love of good food. The chapters cover the major stages of development (when different foods can be introduced to your baby's diet): 4 months, 6 months, 9 months, 12 months and up. And there is nutritional guidance throughout from Paediatric Nutritionist and Endocrinologist Dr Jean Lalau Keraly. There are recipes for lunches and dinners, snacks and special occasions - baby's first birthday cake will be a hit with all the family. Nearly all the recipes take 30 minutes or less to prepare and includes prep and cook time, refrigeration and freezing guidance to help busy mums.



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