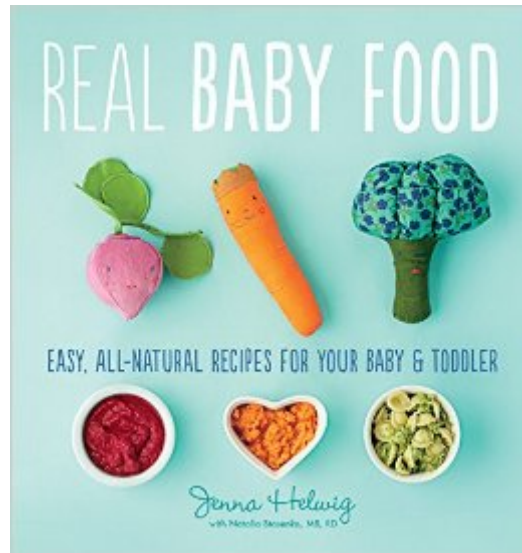


The book was found

# Real Baby Food: Easy, All-Natural Recipes For Your Baby And Toddler



## Synopsis

Simple Recipes for a Wholesome Start Nothing compares with making your own baby food: It's fresh and unprocessed, you choose what goes into it, and it is a delicious way to introduce your child to a world of flavors. In *Real Baby Food*, Jenna Helwig helps you fit this loving act into a busy day's routine by making the process easy, fast, and flexible with 100 meals to begin a lifetime of healthy eating—from the moment your baby takes her first bite of solid food through her toddler years when she's happily ensconced in a booster seat at the family table. *Real Baby Food* is your guide to these important first years of eating. Find the building blocks of starting your child on solid foods, how to recognize food allergies, and easy ways to cook in bulk. Recipes progress from single-ingredient purées to multi-flavor blends like Salmon, Kale, and Sweet Potato Smash; then move on to finger foods—Turkey Meatloaf Bites, Maple Graham Animals—and finally toddler meals and snacks. Most can be made ahead and frozen, many are easily adapted for grown-up tastes, and all include full nutritional information.

## Book Information

Paperback: 224 pages

Publisher: Houghton Mifflin Harcourt; First edition (April 28, 2015)

Language: English

ISBN-10: 0544464958

ISBN-13: 978-0544464957

Product Dimensions: 8 x 0.5 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars— See all reviews (115 customer reviews)

Best Sellers Rank: #2,860 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #9 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

[View larger](#) Maple Graham Animals from *Real Baby Food* Makes about 60 small crackers Skip the trans fats and high-fructose corn syrup found in many processed animal crackers. Mix up this lightly sweetened whole-grain dough instead and cut away. Animal-shaped crackers are cute, but little circles and stars also delight. **Directions** 1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper. 2. In a large bowl, whisk together the two flours, baking powder, cinnamon, and salt. Using an electric mixer, beat in the butter, milk, and maple syrup just

until a stiff dough forms. 3. Sprinkle a clean work surface with flour. Transfer the dough to the work surface and roll it out to 1/8-inch thickness. Using small cookie cutters (about 1 1/2-inches wide), cut shapes from the dough and place them on the baking sheet. Re-roll and cut the remaining dough. Bake for 12 to 14 minutes or until golden brown. Make Ahead: Keep the animal crackers in an airtight container at room temperature for up to five days. Nutrition Per serving (6 crackers): 93 calories; 1g protein; 5g fat (3g sat. fat); 12g carbohydrates; 1g fiber; 3g sugars; 31mg sodium; 21mg calcium; 1mg iron; 66mg potassium; 0mg Vitamin C; 143IU Vitamin A

Ingredients 1/2 cup whole-wheat graham flour or whole-wheat flour 1/2 cup all-purpose flour, plus more for dusting 1/2 teaspoon baking powder 1/2 teaspoon cinnamon 1/8 teaspoon salt 1/4 cup unsalted butter, softened 2 tablespoons milk 2 tablespoons maple syrup

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

Real Baby Food: Easy, All-Natural Recipes for Your Baby and Toddler The Big Book of Organic Baby Food: Baby Purées, Finger Foods, and Toddler Meals For Every Stage Natural Gas Trading: From Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas Trading 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) The Real Book of Real Estate: Real Experts. Real Stories. Real Life The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Food Processor Greats: Delicious Food Processor Recipes, The Top 100 Food Processor Recipes Hungry Girl Clean & Hungry: Easy All-Natural Recipes for Healthy Eating in the Real World Toddler Coloring Book. Numbers Colors Shapes: Baby Activity Book for Kids Age 1-3, Boys or Girls, for Their Fun Early Learning of First Easy Words ... (Preschool Prep Activity Learning) (Volume 1) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Your Kid's a Brat and It's All Your Fault: Nip the Attitude in the Bud--from Toddler to Tween Real Estate: 25 Best Strategies for Real Estate Investing, Home Buying and Flipping Houses (Real Estate, Real Estate Investing, home buying, flipping houses, ... income, investing, entrepreneurship) Playtime Devotions: Sharing Bible Moments with Your Baby or Toddler (Heritage Builders (Standard)) Real Estate: 30 Best Strategies to Prosper in Real Estate - Real Estate Investing, Financing & Cash Flow (Real Estate Investing, Flipping Houses, Brokers, Foreclosure) The Mystery at Jamestown (Real Kids, Real Places) (Real Kids! Real Places!

(Paperback)) 100 Days of Real Food: Fast & Fabulous: The Easy and Delicious Way to Cut Out Processed Food 100 Days of Real Food: How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: ( Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) PASSIVE INCOME :REAL ESTATE (Book #5): Proven Strategies on how to succeed in the real estate market and make it an impressive source of passive income(real ... made easy beginner) (MONEY IS POWER)

[Dmca](#)