



Mommy Made and Daddy Too! (Revised): Home Cooking for a Healthy Baby & Toddler

Martha Kimmel, David Kimmel

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Everyone loves a home-cooked meal--even babies and toddlers! Experts agree that homemade baby food is the healthiest way to feed young children. By making their own baby food, parents can drastically reduce the sugar, salt, artificial colors, fillers, additives, and preservatives in their child's diet. And now making baby food from scratch has never been easier--with this practical, user-friendly cookbook by Martha and David Kimmel, founders of the phenomenally successful **Mommy Made*** line of baby and toddler food.

Updated for a special 10th anniversary edition, **Mommy Made*** is filled with 140 easy-to-make recipes that are perfect for introducing your baby to wholesome solid foods. These delicious, kid-tested dishes--which include finger foods, shakes and smoothies, snacks on the go, spoonable treats, and a variety of table dishes--were created with your baby's special nutritional needs in mind, and will help your child establish healthful eating habits that will last a lifetime.

Mommy Made* also includes:

Nutrition advice from birth to three years--incorporating guidelines from the American Academy of Pediatrics

A blueprint for when and how to get your baby started on solid food

Answers to parents' most frequently asked questions: from milk and protein needs to determining portion size, preventing "hunger strikes," and detecting food allergies

Tips on pureeing, straining, and mashing, as well as storage, thawing and reheating, and using the microwave

A handy nutrition glossary, food pyramid, and list of helpful websites

And much more!

From the Trade Paperback edition.

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A lot of people always spent their particular free time to vacation or even go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a publication. The book Mommy Made and Daddy Too! (Revised): Home Cooking for a Healthy Baby & Toddler it is very good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book through your smart phone. The price is not to fund but this book possesses high quality.

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