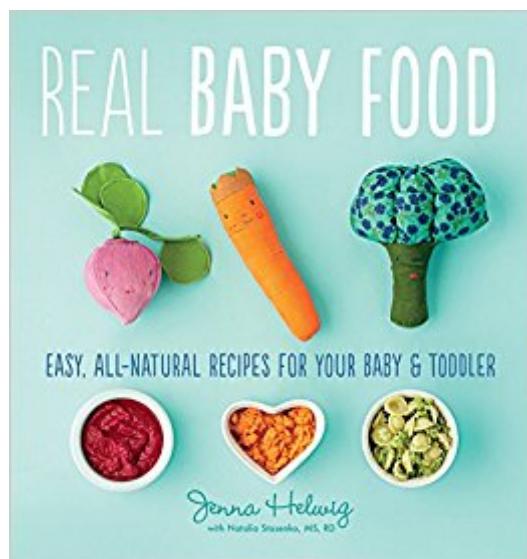


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# Real Baby Food: Easy, All-Natural Recipes For Your Baby And Toddler



## 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

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## 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  $\frac{1}{4}$  -inch thickness. Using small cookie cutters (about 1  $\frac{1}{2}$  -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

“The first food your baby enjoys can leave an imprint for the variety of foods they will love for a lifetime. Real Baby Food is a must for new parents looking for easy-to-prepare baby food recipes, tips, and ideas for making your child an excited, adventurous eater for years to come!” • Catherine McCord, founder of [Weelicious.com](http://Weelicious.com) and author of *Weelicious: One Family. One Meal.*

JENNA HELWIG is the food editor for Parents magazine, as well as a freelance writer, culinary instructor, and personal chef. She also founded Rosaberry, a culinary services company devoted to helping families eat better.

Great book. I bought for my toddler. Only 1 chapter is on baby purees. The rest has recipes for older kids. Love that it gives nutrition info for each recipe as well as great info on allergies, vegetarians, picky eaters, ect.

I LOVE THIS BOOK!!!!!!! After going to an awful Baby's First Foods class that had no direction on recipes or what to offer your child, I found this reference on Parents.com. It's been my go-to book since day one of starting solids and I'm excited to try out the recipes each week. It goes all the way up to toddler and I'm excited about that. It is soooo easy to read and follow. I love that its organized into age ranges and how to dress up a redundant solid! This was so helpful in helping me decide what solids works best for me and my family, how to prep and make homemade food, as well as, what to watch for in allergies and when to start finger foods. This is also for those who are unsure of

babyled weaning and want to start out with purees. I highly recommend this book to any first time parent!

Not my favorite, a bit too gourmet more me. I think if you are the type of person who needs to buy a cook book to figure out what to feed your baby (as I am, I am panicked that I am now responsible for the nutrition of another human being) then you need a simple cookbook with meals you can share with your toddler. I don't need to be challenged by interesting ingredients, I need to be encouraged by how easy it can be.

This book is great!! It has a lot of info on making your own baby food, storage, feeding schedule example by age..and a lot more! The recipes in the back for toddlers would be good for any age of child (or adult) and I've made a few for dinner and they were delicious! I recommended this book

Absolutely love this book! Starts off with all the information you need about starting solids, all pediatric recommended and up to date. Has recipes, feeding plans, tips, things to look out for from baby to know when they are ready for weaning, time lines for progressing your meal types and textures. Good nutritional info on what to feed and what not to feed. Lovely bright pictures and colors, wipe proof cover. Everything a begginer needs to make their own baby food. I have found it to be invaluable. Also very detailed but simple to understand and follow.

THE BEST!!!! I've been using this book since my daughter was 6 months old - she's now over 20 months old and it's STILL RELEVANT!! Great ideas for meals for the whole family. I absolutely cannot believe how often I pull this book off the shelf! It's become a staple in my cooking methods and a great way to ensure we have a little healthy eater! Making the tofu sticks right now (they are seriously awesome). And the pancakes - those greek yogurt pancakes are like heaven in your mouth! Such a great resource to create a healthy well-balanced eater from purees through adulthood!!! Can you write another, please?!?!

I loved the author's philosophy on when to start solids, how to do it, serving sizes, bulk cooking, etc. It's a light read with colorful pages and fun ideas, but packed with helpful tips and guidelines. The recipes look easy, tasty and nutritious. I also love how each recipe has an option to kick it up a notch with various flavors and spices. For instance, you might try adding turmeric to cauliflower puree or mint to zucchini puree. So many good ideas, I absolutely love this book!

Good book, easy read. I like the simple puree recipes and the nutritional information. So far I've tried the Apple and Sweet Potato puree (I also added Spinach). I can't wait to try the other recipes. This encourages ME to eat healthy and set an example for my daughter.

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