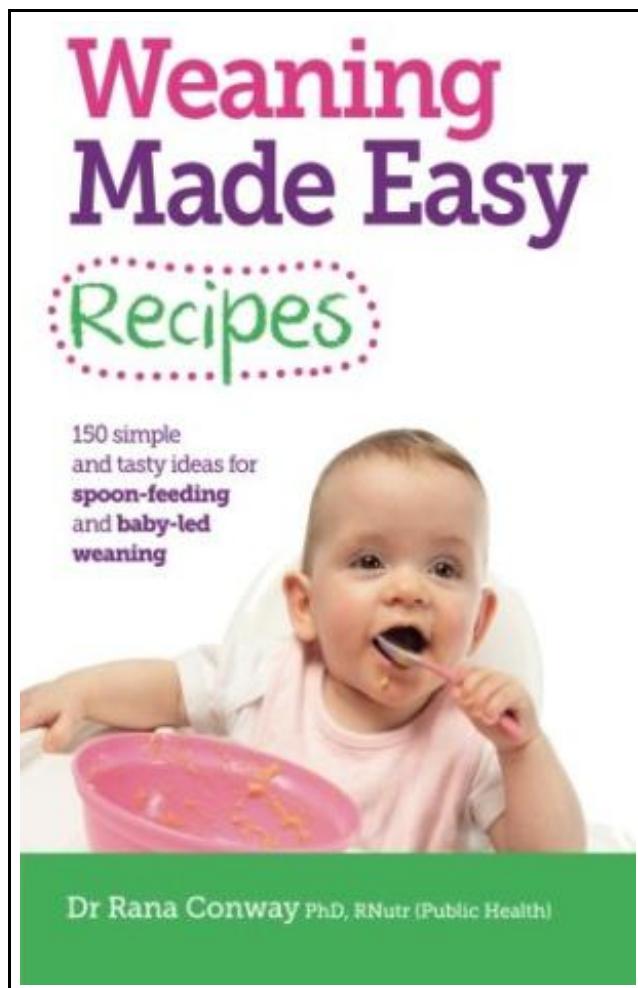


## Weaning Made Easy Recipes: Simple and Tasty Ideas for Spoon-feeding and Baby-led Weaning



Filesize: 9.69 MB

### Reviews

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.  
(Melany Goyette)*

## **WEANING MADE EASY RECIPES: SIMPLE AND TASTY IDEAS FOR SPOON-FEEDING AND BABY-LED WEANING**



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Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, Weaning Made Easy Recipes: Simple and Tasty Ideas for Spoon-feeding and Baby-led Weaning, Rana Conway, Weaning Made Easy Recipes is full of tasty recipes and family meal ideas to suit all babies, toddlers and approaches - from traditional purees to baby-led weaning. Whether you find that your baby loves being spoon-fed, only wants to feed themselves, or you want to try a mixture of both, Weaning Made Easy Recipes provides you with a range of fresh home-cooked recipes that include mashed meals, weaning recipes with pasta, finger foods and family favourites, to make mealtimes enjoyable for everyone. Whether you're a first-time parent, trying to find weaning recipes for your 6 month old or a busy mum of three, Weaning Made Easy Recipes takes the stress out of weaning, bringing you:<sup>\*</sup> 150 healthy and simple dishes<sup>\*</sup> Food charts of what foods to introduce and when<sup>\*</sup> Weekly meal planners for a varied and balanced diet<sup>\*</sup> Clear dos and don'ts and FAQs for each age<sup>\*</sup> Recipes suitable for food allergies or intolerances As well as tasty and healthy recipes author Rana Conway provides clear and simple advice in this brand new weaning book through each stage, and covers common problems you may encounter, such as introducing lumpier food or how to deal with fussy eaters. Rana is a registered public health nutritionist, specialising in healthy eating during pregnancy and childhood for over 20 years. She has created each dish to contain the nutrients your baby needs for healthy growth and development, helping ensure your child gets a balanced diet.

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