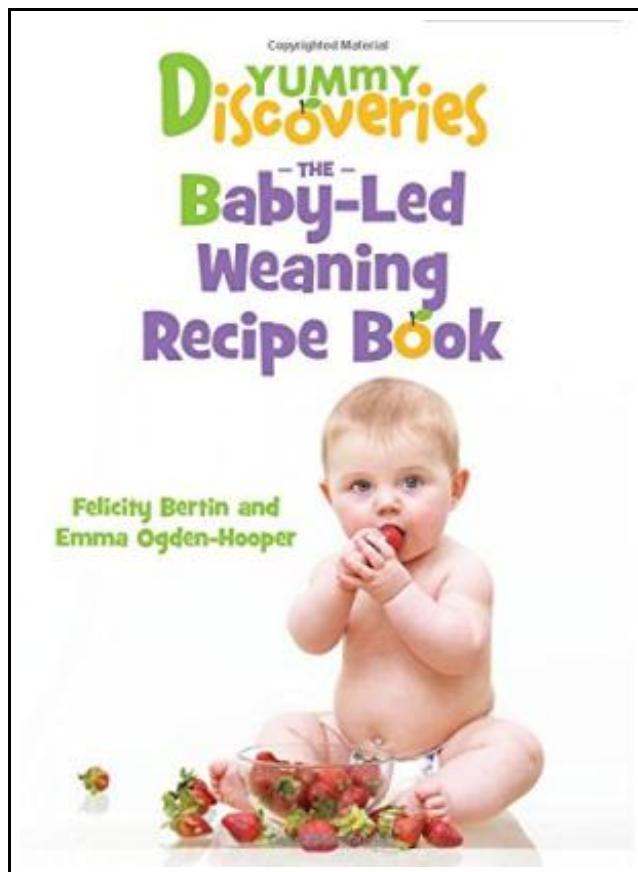


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Robert Hale Ltd. Paperback. Book Condition: new. BRAND NEW, Yummy Discoveries: The Baby-Led Weaning Recipe Book, Felicity Bertin, Emma Ogden-Hooper, This is the indispensable handbook for any parent preparing to wean their child. Not only does it contain over a hundred healthy, flavoursome recipes suitable for weaning babies, but it also offers a step-by-step guide in how to go about weaning the baby-led way. Children's eating habits vary from meal to meal so waste is a common frustration in the family kitchen. This book targets the problem with advice on how to manage those leftovers. Whilst all the recipes are free from refined sugar and either low-salt or salt-free they do not compromise on taste - so they can be enjoyed by the whole family. Plus, with most recipes having tips for 'Adult Add-ons', you can be sure that these recipes will tantalize even the most sophisticated palate. The ingredients used in this book are commonly sourced, can be found on most supermarket shelves and are used throughout the recipes. Recipes indicate their suitability for freezing and are honest about preparation and cooking times. As this cook book is written by parents for parents it understands that time is a precious commodity: recipes have been tabled according to cooking time, enabling the parent to easily select meals that can be produced during nap times. With each recipe tried and tested by parents and their children, we are confident that this book will give parents the inspiration to create exciting, fuss-free and tasty meals that all the family can take pleasure in eating together. Take the stress out of baby-weaning and let this book bring joy to your family kitchen.

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