



## Bebe Gourmet: My Baby Recipe Book - 100 Easy Recipes for Raising Adventurous Eaters

By Jenny Carenco

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Bebe Gourmet: My Baby Recipe Book - 100 Easy Recipes for Raising Adventurous Eaters, Jenny Carenco, Move over mushy carrots and peas - in Bebe Gourmet, Jenny Carenco shares her French-inspired recipes for exciting, nutritional, simply prepared baby food. From Peach Compote and Carrot and Cumin Puree to Chicken with Carrots and Apricots and Baby Beef Bourguignon, Jenny shares her delicious baby food ideas, as well as her essential tips and tricks. All with the aim of helping to develop your baby's tastebuds, encouraging healthy eating habits and a love of good food. The chapters cover the major stages of development (when different foods can be introduced to your baby's diet): 4 months, 6 months, 9 months, 12 months and up. And there is nutritional guidance throughout from Paediatric Nutritionist and Endocrinologist Dr Jean Lalau Keraly. There are recipes for lunches and dinners, snacks and special occasions - baby's first birthday cake will be a hit with all the family. Nearly all the recipes take 30 minutes or less to prepare and includes prep and cook time, refrigeration and freezing guidance to help busy mums.



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- **Romaine Rippin**

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**