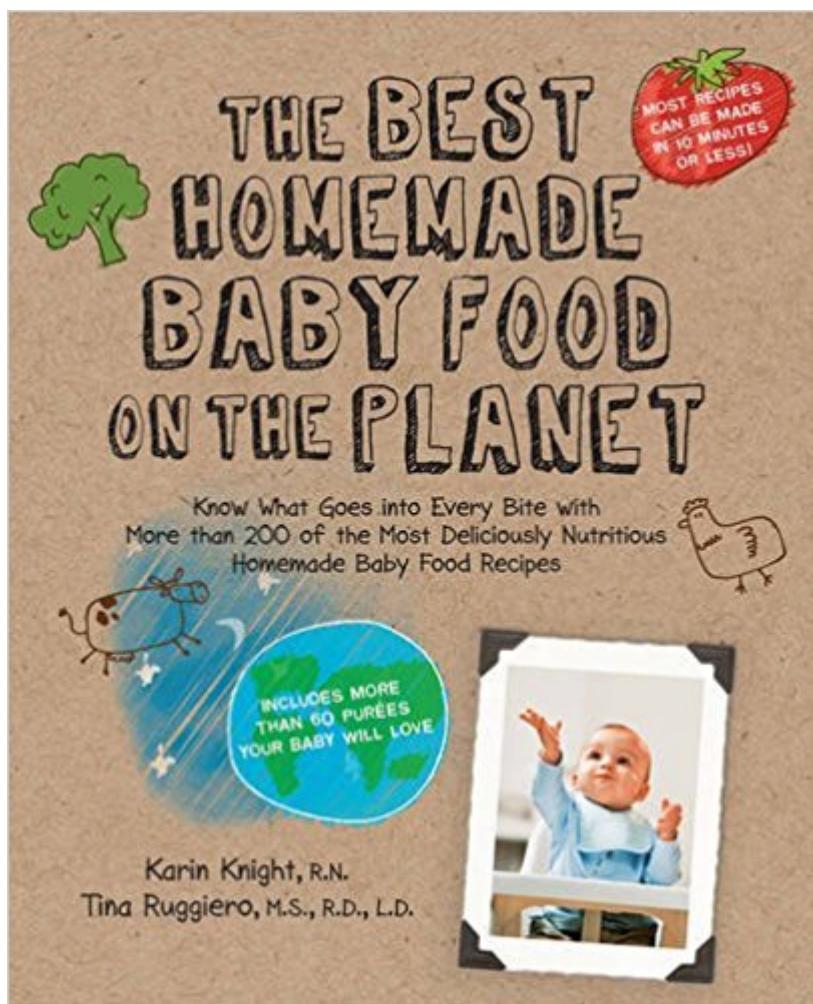


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# The Best Homemade Baby Food On The Planet: Know What Goes Into Every Bite With More Than 200 Of The Most Deliciously Nutritious Homemade Baby Food ... Your Baby Will Love (Best On The Planet)





## Synopsis

The Top of Its Class! The Best Homemade Baby Food on the Planet was nominated for the 2012 International Association of Culinary Professionals annual Cookbook Awards competition. Considered the gold standard among cookbook awards and widely lauded as the most selective in the industry, the IACP has been presenting its cookbook awards for more than 25 years to promote quality and creativity in culinary writing and publishing. Past nominees include Julia Child, Mark Bittman, and Thomas Keller, among others. *Food Made with Love Is Food You Can Trust!* Preparing simple, homemade food in the comfort of your own kitchen is one of the greatest gifts you can give your little one. Not only does it allow you to nourish your child with the most pure and wholesome ingredients, but it also gives you the peace of mind of knowing what has gone into every bite your baby takes. Full of recipes to suit every age and stage—•from six months all the way to twenty-three months—•*The Best Homemade Baby Food on the Planet* shows you how simple and easy it is to prepare food your baby will go absolutely ga-ga for. From quick purées like Mighty Tasty Blueberry and Pear Mash and No-Cook Prune Purée, to new and nourishing meals like Sweet Omelet Surprise and Finger-Lickin’ Good Lentils and Potato with Cheese, you’ll find it a breeze to prepare any and all of the recipes you and your little one fancy. And to make things even more easy-peasy, you’ll find each recipe also contains: •Two methods for preparation—stovetop or microwave—wherever applicable, so you can whip up recipes in whatever time you have. Many microwave options make it possible for meals to be made in less than 10 minutes. •An easy-to-spot snowflake icon on all recipes suitable for freezing, so you can make baby’s meals at your convenience, or in batches, to save time and money. •A complete nutritional analysis, so you can be sure you’re giving your child the best possible start. Make your own super-delicious, super-nutritious homemade baby food today—it’s guaranteed to be the best thing that’s ever crossed the high chair!

## Book Information

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## Customer Reviews

Ã¢ "As the obesity epidemic spreads across the world and parents become more concerned than ever with what to put in their childrenÃ¢ "s mouths, *The Best Homemade Baby Food on the Planet* takes a lot of the guesswork and frustration out of this important parenting task. It is a must-have for parents and grandparents alike.Ã¢ " -Victoria McEvoy, M.D., Assistant Professor of Pediatrics at Harvard Medical School and Medical Director and Chief of Pediatrics at Massachusetts General West Medical GroupÃ¢ " This well-written and highly attractive book surpasses the traditional expert advice on the nutritional content and preparation of healthy foods by invoking a developmental approach to infant nutrition. The reader will not only learn how simple it is to make their baby's meals at home, but also understand the developmental and physiological rationales for healthy food choices. This is anticipatory guidance on infant nutrition at its best!Ã¢ " -Paul H. Dworkin, M.D., Professor and Chair of Pediatrics at the University of Connecticut School of Medicine and Physician-in-Chief of the Connecticut Children's Medical Center Ã¢ " Making your own delicious and nutritious baby food could not be easier as this lovely book explains. I canÃ¢ "t think of a better or more enjoyable way to start a baby on a lifetime of happy and healthy eating exploration than to mash and puree your way through every one of these recipes. You will want to eat these foods too!Ã¢ " -Marion Nestle, Ph.D., Professor of Nutrition, Food Studies, and Public Health at New York University, and author of *What to Eat*

Karin Knight, R.N., and Jeannie Lumley are the authors of the best-selling classic *The Baby Food Cookbook*, which has been in print for more than twenty years. Tina Ruggiero, M.S., R.D., L.D., is a sought-after nutritionist, spokesperson, and author. Fondly called the Ã¢ "Gourmet Nutritionist," Tina is heard on TV and radio, and her writing has appeared in magazines such as *Family, MenÃ¢ "s Health*, and *First for Women*. Tina is president and founder of her

own nutrition consulting firm where she helps both corporations and consumers. She is also a nutrition correspondent for NBC's syndicated television show Daytime where she is seen regularly by millions of viewers around the nation. Her blog, [www.voiceofreason.net](http://www.voiceofreason.net), is often cited in magazines, newspapers, and on the Internet for its reliable, accurate, and inspiring content.

I just received my copy a few days ago, but I have already cooked several of the recipes and they are easy and delicious. As a working mom I was not sure how to fit in making healthy meals for my baby, but this book is full of great tips and ideas. I especially like the background information on why different ingredients are important for my daughter and how they will help her grow healthier every day. I read a lot of cookbooks, but this is one I know I will actually USE again and again. On a "sentimental" note, there is a feedback chart in the back listing every recipe, where I can rate them, date them and comment on whether I would make them again - this is a really fun feature that I wish my other cookbooks had. I look forward to passing this to my daughter someday so she can see what her favorite foods were and maybe even make them for her children!

I bought three books: The Best Homemade Baby Food On The Planet, Great Expectations Best food for Your Baby & Toddler, and The Wholesome Baby Food Guide. I would definitely recommend Great Expectations over this book but I wouldn't recommend The Wholesome Baby Food Guide at all. This book is very fun though, it gives you everything you pay for, recipes. The book is aesthetically pleasing, and organized well. It gives great tips like if an item freezes well and offers directions on all methods of preparation. The only thing I don't like is that it has really silly names and it gets in the way. Also for example some of the recipes do this ( not actual recipe) : The kiss the cook sweet pear puree calls for a tablespoon of the oh so sweet potato puree, pear delight puree and cinnamon. So now I have to go back and look at what's in those. So you kind of HAVE to make all her basic recipes to utilize all the recipes unless you just want to be able to use three. For someone who is trying to say you can be a busy working woman and make your own baby food I actually think she makes it seem more daunting. As you get out of the baby foods though it gets a lot better and more useful. She also uses butter in her recipes, which some people may not like but you can just leave it out and it tastes fine. Overall it's a good book, it's useful, fun and does have some great tips!

I bought this book when making baby food for my daughter and when I found out my cousin was having twin girls (and that she planned to make her own food) I had to get her a copy. Love the

recipes and that they indicate which foods to introduce at what age and there's snowflakes next to the recipes that can be frozen. Lots of good information, too. Great book for first-time babyfood making families!

Not so much a cookbook as an idea book for baby food. Helps me out as a first time mom. I appreciate the book being divided up into age, as the "recipes" introduce more foods and become more complex as baby grows. Not as many tips on how to address each component of the recipes (i.e. telling me to add cooked chicken breast, but not how to cook it), but if you want to try your hand at doing it yourself, this is a good tool.

I purchased my first copy of "The Best Homemade Baby Food on the Planet" for my daughter (and my grandchildren). My daughter has confirmed my belief that the book is beautifully laid out, presented in a clear and concise fashion, contains creative and healthy recipes and is full of helpful information. The variety of foods presented in such creative ways is striking. Equally impressive is the fact that most recipes can be made quickly and easily. I know my daughter loves that! I am impressed with the imaginative use of fruits and vegetables. As a result, I purchased a copy of "The Best Homemade Baby Food on the Planet" for myself! I had not used my blender for over a year. Now it is back in service. I particularly enjoy the Banana-Raspberry Dream and the Aussie Smoothie...I simply adjust the proportions for my appetite! I must also give rave reviews to the soup recipes in this book as well. Healthy eating is important to me and so are time-saving recipes. This book has it all! I have now purchased my third copy of the book...it will be a present to the mother of the next child born in my family! I have also recommended the book to my friends that are grandparents.

Love this book! I originally ordered it 4 years ago with my first and thought I had lost it so I purchased it again. I still use some of the recipes. My second babe is a lot pickier than my first so it is harder to get him to eat many of these recipes, but for anyone interested in making your own baby food, this is a great buy! I attribute my older son's willingness to eat a variety of food to making everything he ate myself and this book was a big part of that!

As a fellow Registered Dietitian, I was excited to see a book aimed at making food for young kids. Setting the stage early for good nutrition is essential! The title says "baby" food, but as the mom to a 19 month old and 3.5 year old, the recipes work for many ages! I love how Tina and Karin were able

to incorporate nutrient dense foods into delicious recipes that are sure to please even the fussiest palate. Feeding kids is not easy, and as a working mom I don't have a lot of time. These recipes are simple and use ingredients I typically already have in the house and transform them into kid-friendly foods. Not only is the book chock full of recipes, but it also has insightful tips for parents who may be confused about what and when to feed certain foods to their kids. I highly recommend this book for parents of babies as well as toddlers! Tara Gidus, MS, RD, CSSD, LD/N Pregnancy Nutrition and Cooking for Dummies (Wiley, October 2011)

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Better: How to Make Every Bite More Delicious Baby Food Recipes - From 4 months to 12 + months: Baby Food Cookbook full of homemade baby recipes suitable from 4 to 12 + months

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