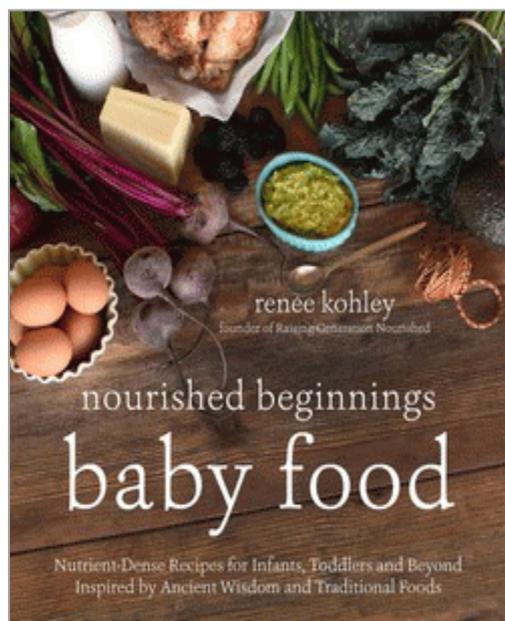

Advance Information

Nourished Beginnings Baby Food

Nutrient-Dense Recipes for Infants, Toddlers and Beyond Inspired by Ancient Wisdom and Traditional Foods



Author:	Renee Kohley
ISBN:	9781624143014
Imprint:	Page Street Publishing
BIC Category:	Cooking for/with children
Dimensions:	203 x 228 x 12
Binding/PP:	Paperback, 208 pp
Rights Countries:	Ireland & United Kingdom
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Price:	GBP16.99
Illustrations:	60 Colour Photographs

Selling Points:

Learn how to adapt the real food lifestyle for little ones with nourishing, delicious recipes for baby and the whole family.

Description:

Nourished Beginnings Baby Food is a natural fit for the traditional, whole food diet and way of life made popular by the Weston A. Price Foundation and the associated book Nourishing Traditions. Renee Kohley, founder of Raising Generation Nourished and a mother who has raised healthy three daughters with this approach, packs 100 nutrient-dense recipes for babies of all ages into the book, along with tips to help readers be successful. To introduce your baby to solids gently, try a soft-boiled pasteurised egg yolk with nutrient-dense grated liver and sea salt, or pureed peas with nurturing homemade bone broth and grass-fed butter or steamed berries with coconut butter. As your baby gets older, you can introduce more diverse flavours and textures like Roasted Root Vegetable Soup, Grain-Free Breakfast Biscuit or Grassfed Beef Stew with Marrow. To transition into toddlerhood and a full, well-rounded diet, you can begin to incorporate grains, nuts, legumes and natural sweeteners with dishes like Soaked Quinoa Granola, Asian Stir Fry with Rice and even an occasional treat such as The Perfect First Birthday Cupcake. Most of the recipes serve baby and the whole family, so you can nourish more hungry mouths faster, easier and even cheaper. With the recipes for this traditional, whole-foods approach, your child will develop an adventurous palate and good eating habits to carry them through life healthfully.

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