

The book was found

# First Bites: Homemade, Nourishing Recipes From Baby Spoonfuls To Toddler Treats



## Synopsis

Start your baby off right with real food to nourish their every need. First Bites teaches you the ins and outs of introducing food so good, even you will want to eat it! This adorable and innovative cookbook is packed full of easy recipes that are bursting with flavor and nutrients to expand your baby's palette and give them the vitamins they need to thrive. Work your way through flavorful purees that will delight your baby's taste buds and get them excited about a new world of real food. Then, you'll transition them into eating little bites that get them ready to participate in family meal time! Your baby will not only love eating these delicious recipes but will also develop healthy eating habits early on. Recipes include: • Roasted banana and pears with cinnamon • Zucchini mashed potatoes with thyme • Curry coconut sweet potatoes • Spinach and lentil fritters • Mini whole wheat vanilla waffles • Tropical coconut chia pudding • Cocoa spinach protein smoothie • Mini cheddar, sweet potato, and leek frittatas • Baked fish sticks • So many more!

## Book Information

Hardcover: 240 pages

Publisher: Skyhorse Publishing (September 5, 2017)

Language: English

ISBN-10: 151072401X

ISBN-13: 978-1510724013

Product Dimensions: 1 x 8.2 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #81,878 in Books (See Top 100 in Books) #21 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #25 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #194 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

"As a mama who's currently in the trenches of feeding two little ones, Leigh Ann's beautiful book offers a wealth of new ideas for flavorful family meals•and the final 'Mama's Only' chapter is a helpful (and delicious!) reminder of the importance of nourishing myself, too." •Amy Palanjian, creator of Yummy Toddler Food and Family Fun lifestyle director "The most comprehensive and gorgeous guide to navigate your baby's early eating years. From starting your little one on solids to building their taste buds through their terrible twos, First Bites provides endless creative recipes to

get your munchkin excited for each and every bite." •The Toasted Pine Nut blog "Leigh Ann and her recipes never cease to amaze and inspire. Her eye for beautiful food, her creativity for beautiful pairings, and her quick and easy way of helping a non-chef (like myself!) recreate her dishes make her a true gem in the culinary world. Now that she has added baby and toddler food to her repertoire, I will absolutely never need anyone else but Leigh Ann to help make my kitchen come to life!" •A + Lifeblog "This is a great guidebook for both first time and established moms who are excited to embark on a homemade food journey with their family. With Leigh Ann's help, you can create easy and delicious meals, from purees to finger foods, that will not only establish healthy eating habits, but also make preparing meals feel less like a chore and more like an adventure. And the chapter devoted to food just for moms? Genius." •Queen of the Land of Twigs 'n Berries blog

Leigh Ann Chatagnier is the founder of food & lifestyle blog My Diary of Us and author of The Unexpected Cajun Kitchen: Classic Cuisine with a Twist of Farm-to-Table Freshness. Cooking has always been a part of her life, and she has always enjoyed creating recipes around fresh, not processed, foods. When her son was born, she knew she wanted to start him off on this healthy path as soon as possible! Leigh Ann lives with her husband and son in Houston, Texas.

[Download to continue reading...](#)

First Bites: Homemade, Nourishing Recipes from Baby Spoonfuls to Toddler Treats Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Homemade Beauty Products: For Beginners - The Complete Bundle Guide to Making Luxurious Homemade Body Butter, Homemade Soap, Homemade Shampoo & Homemade Bath Bombs (Homemade Beauty Recipes) Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Sage Spoonfuls Sage Spoonfuls-Simple Recipes, Healthy Meals, Happy Babies 201 Organic Baby and Toddler Meals: The Healthiest Toddler and Baby Food Recipes You Can Make! 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) A Recipe for a Healthy Baby: Homemade Natural, Organic, Paleo, Weston A. Price Baby and Toddler Food Recipes Mama's Ultimate Homemade Baby Food Cookbook: Natural Homemade Baby Food Recipes Homemade Repellents : Ultimate Guide To

Homemade Repellents And Natural After Bites Remedies: Safe Organic Repellents To Keep Away Bugs Like Ants,Mosquitoes,Roaches,Flies,Spiders ... The Grid,Travel,Aromatherapy,Camping) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Baby Food Recipes - From 4 months to 12 + months: Baby Food Cookbook full of homemade baby recipes suitable from 4 to 12 + months Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 The Ultimate Baby Food Cookbook: Over 25 Homemade Baby Food Recipes Your Baby Wonâ™t Get Enough of Homemade Natural Perfume Recipes - The Ultimate Guide to Homemade Perfume Making: Make Your Own Homemade Organic perfume From Scratch! Homemade Cheese: Step-by-Step Techniques for Making Best Organic Cheese: (Homemade Cheese, Cheese Making Techniques, Cheese Recipes) ( Cheese Making, Homemade Cheese) KNITTED RAGLAN CARDIGAN SWEATER for BABY/TODDLER - VINTAGE KNITTING PATTERN (ePattern) - Instant Download Kindle Ebook - AVAILABLE FOR DOWNLOAD to Kindle ... babies, baby clothes, baby patterns) âœVenomous&#148; Bites from Non-Venomous Snakes: A Critical Analysis of Risk and Management of âœColubrid&#148; Snake Bites (Elsevier Insights) Toddler's Pirate Book! All About Pirates of the World - Baby & Toddler Color Books

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)