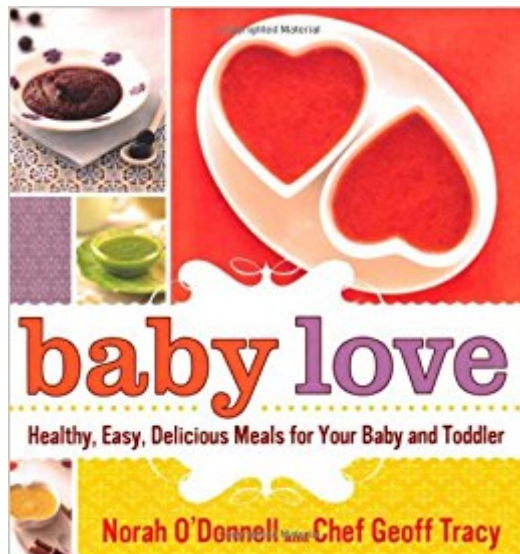




The book was found

Baby Love: Healthy, Easy, Delicious Meals For Your Baby And Toddler



Synopsis

Finally, the must-have cookbook is here for the millions of busy parents who have taken on a healthier approach to eating—less processed, more organic—and who want to feed their little ones easy-to-make, cost-effective, completely nutritious and delicious meals. With more than sixty gourmet-inspired recipes and dozens of Chef Geoff's tips for quick and nutritious preparation, parents everywhere will be in on the Baby Love secret: that making fresh baby food is pretty simple, even if you've never cooked a day in your life. Learn how to make two weeks worth of Baby Love meals in less than one hour per week, at a fraction of the cost of jarred baby food. Say good-bye to bland and processed and hello to fresh and scrumptious! BABY LOVE recipes include: Pom-Pom Apple*Peach and Apricot Oatmeal*Tropical Smoothie *Creamy Butternut with Nutmeg*Very Gouda Grits*Norah's Brain-Booster Zucchini Muffins*Made with Love—Baby Love

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Customer Reviews

NORAH O'DONNELL is chief Washington correspondent and anchor for MSNBC, an Emmy Award--winning correspondent for NBC, and a contributing correspondent for NBC's Today Show. She has served as White House correspondent for NBC News, reporting for Nightly News, Today, and MSNBC. GEOFF TRACY graduated first in his class from the Culinary Institute of America. He opened his first two restaurants before the age of thirty. He currently owns and operates five successful restaurants in the nation's capital. In 2008 Tracy was awarded the Albert Uster Chef of the Year Award. He is best known as Chef Geoff. Both authors are graduates of Georgetown

University. As a married couple, they live in Washington, D.C., with their three young children.

Baby Love - Chapter 1 Getting Started Babies are ready to begin eating solid foods at four to six months of age. At this time almost all babies can learn to eat from a spoon. Most start with rice cereal mixed with breast milk or formula. If all is going well, check with your pediatrician about beginning to feed your munchkin simple pureed fruits or vegetables. Some pediatricians recommend you start with vegetables first to avoid developing a sweet tooth. However, the American Academy of Pediatrics states that “there is no evidence that your baby will develop a dislike for vegetables if fruit is given first. Babies are born with a preference for sweets, and the order of introducing foods does not change this.” New foods should be introduced one at a time. Wait at least two to three days before starting another to make sure your child is not allergic. Watch for any allergic reactions such as diarrhea, rash, or vomiting. Once, our son, Henry, broke out in a facial rash. We called the doctor, who suggested it might be the tomatoes in the Bolognese! Sometimes infants don’t like the acidity in tomatoes. The lesson: stop the food and then check with your doctor about the reaction. We also made the decision to introduce new foods at breakfast or lunchtime rather than at dinnertime. In case the twins got a tummyache or gas at least it was during the day. You don’t want a gassy baby keeping you up all night! Within a few months of starting purees, your baby should be enjoying all sorts of fruits, vegetables, and meats. You know the saying, “Variety is the spice of life!” There is no better time to introduce these healthy foods. **BABY LOVE. Copyright © 2010 by Norah O’Donnell and Chef Geoff Tracy. All rights reserved.**

This is a fantastic book! We have made many of the recipes and our baby enjoyed what we have made so far (he’s only 8 months old). There is a nice intro with suggests on what supplies to buy, cost breakdown of pre made food vs homemade, and their family experience with baby food. The book moves onto fruits, veggies, proteins, and even has a nice section on meals for mom and dad. The recipes are easy to make and usually fill two ice cube trays full of food to freeze. Each recipe also has an age suggestion when we have followed. It takes all the guess work out of proportions of liquid to food ratio and most take only 10 minutes to make. The chicken soup recipe is delicious and I saved a few bowlfuls for us for dinner before pureeing for baby. The photos are beautiful as well as many of the tips peppered throughout the book. **MUST BUY!**

I love the recipe’s in the book! I made these with my first baby and he loved everything. I think it’s

made him a bit less picky eater as a toddler. He still eats the whole grain blueberry pancakes for breakfast each morning before preschool. (They refrigerate well and heat up in the toaster) Now with my second, I'm excited to introduce him to these foods when he's old enough. The recipes and prep advice were great, easy to make, easy directions to follow. I wasn't planning on making my own baby food but it was faster than I imagined and more economical in the long run.

Prior to purchasing this book, I had very little knowledge on the world of baby food. I loved to cook, but had never made food for a baby. All I knew is that after my son was past the initial stages of learning to eat solids, I wanted to make all of his baby food from fresh, organic ingredients. I turned to to find out which books were the top rated books on baby food and I fell upon this book as well as *Cooking for Baby: Wholesome, Homemade, Delicious Foods for 6 to 18 Months*. I can say that I love both books equally and I would purchase both of them again. Below are the reasons why I recommend purchasing *Baby Love: SIMPLE APPROACH*. This book is all about how to make the process of making baby food quick and easy. Although the book provides the "freshest" approach to cooking baby food, it also provides little tidbits to making the process easier for you. For instance, Chef Geoff mentions different fruit and veggies that he recommends to purchase frozen (peas) or pre-processed (baby carrots) that can make the prep work easier for you. Purchasing frozen peas instead of fresh keeps you from having to shell the peas. In addition, baby carrots keep you from having to do the peeling! I'm a busy working mom and appreciate this insight. **VARIATIONS.**

Although in the early introduction of solids it is recommended to stick to one fruit or veggie at a time, when your child is about 6 plus months of age you can start to mix and match flavors. *Baby Love* provides alternatives to the classic purees that allow you to introduce new flavor profiles. For instance, the "Perfectly Basic Apple" and "Perfectly Basic Pear" recipes have variations that include 100% pomegranate juice. Yum! Even I would love to eat that. **UNIQUE RECIPES.** In addition to the classic baby food recipes, there are some unique recipes that we your baby will love once they are 8+ months! For instance, the P.E.A. (Pea, Edamame, and Apple) and Carrot and Ginger recipes look very promising. **ADVOCATE OF LOCAL AND ORGANIC PRODUCE.** If you are a parent like me, you are very mindful of what you feed your child. I was so glad to see that Chef Geoff recommended using local and organic produce if it is within your means. There was also a quick rundown on how to read food labels. This is great for parents that are just starting to learn about organic produce. I did a comparison of purchasing conventional vs. organic produce for making baby food. Even though the organic produce was more expensive, I was still saving a lot compared to purchasing jarred baby food. Plus, the baby food I cooked was only peas, no preservatives

additives. Plus, they were actually green! This book along with *Cooking for Baby: Wholesome, Homemade, Delicious Foods for 6 to 18 Months*, has allowed me to cook food for my son that is unique, fresh, and easy. I believe that by feeding him the recipes provided in this book, I will be able to keep him from becoming a picky eater when he gets older. The more I expose him to new foods and unique flavors, the more foods he will enjoy!

Even just the good advice to give babies and children straight water to drink - instead of juice or watered-down juice - is a new idea to most of us. And every other tip and recipe is just as enlightening so that you can learn the simple basics of a few Go To meals that a child will develop a love of, and attachment to, as the foods their parents made for them when they were small...and our Food Memories are often our favorite memories of home and family and holidays... A love of good food and healthy habits from birth are surely great to give your child a good beginning of enjoying the everyday rituals of life. The genius here is in making quantities all at once. Then to find out that it costs LESS to feed your child healthy food that is tasty is really so surprising. From the first page, it is easy to get caught up in the enthusiasm of delighting your child and feeling good about buying organic sustainable foods from farmers who love their work and value the earth we all depend on. And you'll be emboldened to experiment with adding herbs and spices to your child's food as they get older. It never occurred to me to add some fresh ginger to my toddler's food (grated on a Microplane grater or zester) but ginger is known to be healthful. A Wonderful, wonderful, inspiring book that sets a new standard for a vital part of how to take care of our babies and raise our children well...so they enjoy good food and develop the taste for healthy eating habits from the very beginning.

I highly recommend this book if you want to start making your own baby food! It has the perfect amount of recipes and instruction to be helpful without being intimidating or ridiculous. Other books on the subject have hundreds of pages, which may seem like a good thing but is entirely unnecessary. Making baby food is easy, but it is nice to have someone walk you through the process. After you learn the ropes, you will find you don't actually need recipes to create your own flavors; you can use the techniques and proportions provided and substitute or add different fruits/veggies. This book provides a practical, fuss free approach that allows you to use whatever equipment you have on hand (no need to buy a baby bullet or beaba---DON'T!). I bought this and *"The Best Homemade Baby Food on the Planet"* based on reviews, and have barely touched the other book...no need except to get more ideas for flavors, and honestly, the best way to decide on

flavors is to go to the produce section and use what is in season!

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