



JENNIFER HOUSE, MSc, RD
& MARILYN HAUGEN

BABY FOOD IN AN INSTANT POT®



BABY FOOD IN AN INSTANT POT®



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For a new parent, it's not always easy to prepare quick and nutritious homemade baby food. But don't worry — the Instant Pot can be a life-changer. The most popular and bestselling kitchen appliance of the past several years, it will be your new best friend and favorite sidekick. With the Instant Pot, see how easy it can be to get healthy and delicious food into the mouths of little ones — even the picky ones.

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INCLUDES a pediatric dietitian's answers to parents' frequently asked questions.

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Bestselling author **MARILYN HAUGEN** and leading nutritionist **JENNIFER HOUSE** have joined together to meet the needs of new parents everywhere with loads of nutritional information and 125 recipes for babies and toddlers at every age and stage of development.



**125 Quick, Simple & Nutritious
Recipes for Babies, Toddlers & Families**



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