

SHORT ON TIME AND SLEEP? NEED BABY FOOD IN AN INSTANT? TRY BABY FOOD IN AN INSTANT POT®!

ror 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.

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. INCLUDES 50 purées, 25 finger foods and 50 family-friendly recipes along with tips on storage times, serving fresh or freezing, and nutritional benefits of individual ingredients.

MARILYN HAUGEN

Robert

INCLUDES 50 pages of up-to-date info giving you all you need to know to meet your baby's nutritional needs, prevent choking and handle picky eating. Includes sample meal plans too.

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

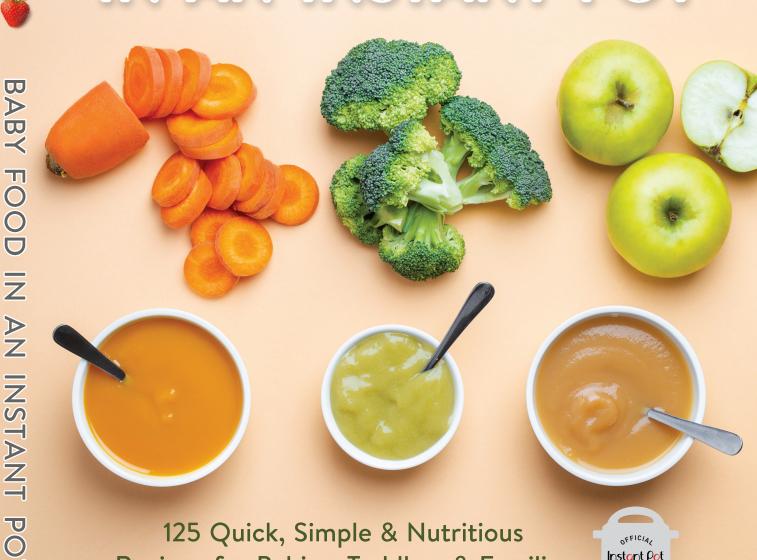
\$19.95 USA \$24.95 CAN





www.robertrose.ca

IN AN INSTANT POT®



JENNIFER HOUSE, MSc, RD & MARILYN HAUGEN

Recipes for Babies, Toddlers & Families

Instant Pot