

Blender Baby Food

Over 125 Recipes for Healthy Homemade Meals

Whether you choose to make all your own baby food or just some of it, the blender is a great way to offer new flavors in a baby-friendly texture.

Even when your child begins to eat table food, you can always find an occasion for a fruit smoothie or a nutritious blended dip.

Forget store-bought baby food and try these delicious and easy recipes:

Six Months and Older

Cranberry Apple Mash, Cherried Peaches, Peach-Pear Bananarama, Carrots with Apricots and Berries, Guacamole for Beginners

Seven Months and Older

Squash and Pepper Risotto, Lentil and Rice Pilaf, Jumpin' Jambalaya, Vegetable Paella, Citrus Couscous

Eight Months and Older

Chili for Beginners, Chicken with Celery, Spinach, Salmon and Rice, Summer Succotash, Beefy Broccoli, Apples, Plums and Tofu

Nine Months and Older

Spinach and Tomatoes with Ricotta, Fisherman's Pie, Cheesy Beef Casserole, Over-the-Top Applesauce, Polenta with Apricots

Twelve Months and Older

Veggie Red Sauce, Broccoli and Cauliflower Melt, Mixed Grains, Orange Banana Smoothie, Nutty Waffles, Blue Nectarine Yogurt



Three good reasons to make your own baby food:

- 1 You know what's in it, thereby ensuring healthy and wholesome meals.
- 2 You can tailor the texture to your baby's preferences.
- 3 You can shape your baby's tastes and help him or her learn what fresh foods taste like.

NICOLE YOUNG is an experienced recipe developer and food stylist who gives regular seminars on making baby food. She is also the co-author of *The Blender Bible*.

\$18.95 USA
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