



Easy Gourmet Baby Food

Helping your baby acquire a taste for wholesome, healthy food is the best way to ensure he or she develops eating habits that will promote health throughout life. Packed with practical nutritional information and easy-to-make recipes, this book will show you how to create an array of delicious dishes that your baby will love. Every recipe comes with advice on how to transform Baby's meal into a dish that Mom and Dad can enjoy as well. The techniques are simple but the results are mouthwatering. Create great-tasting meals and help your baby become a healthy eater who enjoys a variety of foods.

For 6 to 9 Months

Roasted Banana Purée, Bosc Pear Purée, Caramelized Parsnip Purée, Apple and Fig Brown Rice Cereal, Honeydew, Blueberry and Mint Purée, White Navy Bean and Beef Tenderloin Purée, Chicken and Red Lentils

For 9 to 12 Months

Stewed Leeks with Butter, Summer Cherry and Quinoa, Ratatouille Vegetables, Fresh Soy Bean Hummus, Pork Tenderloin and Peaches, Lamb with Parsnips and Dried Cranberries

For 12 Months +

Crispy Potato Galette, Jonah's "Mac and Cheese," Soft Polenta with Cheddar Cheese and Broccoli Florets, Pacific Salmon Cakes, Oven-Roasted Duck Confit with Fresh Thyme

Snacks & Desserts

Guacamole, My Mom's Applesauce, Chunky Pineapple Ice Pops, Frozen Mango Mousse



- includes tips and techniques on preparing your own baby food safely and easily
- features complete nutritional information for each recipe
- each recipe contains a Chef Jordan Tip and Nutrition Tip profiling information that both parents and cooks will find valuable
- includes handy information boxes that allow you to adapt recipes so they can be enjoyed by the whole family

Robert
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150 Recipes for Homemade Goodness

Chef Jordan Wagman & Jill Hillhouse, BPHE, RNCP

CHEF JORDAN WAGMAN has received national recognition from the James Beard Foundation and was nominated as a "Rising Star in North America." Jordan continues to be involved in the food industry as executive chef for Sweetpea Baby Food, a line of frozen organic baby food. www.sweetpeababyfood.com

JILL HILLHOUSE, BPHE, RNCP, is a holistic nutritionist and a faculty member of the Institute of Holistic Nutrition. She is a regular contributor to various national health magazines.