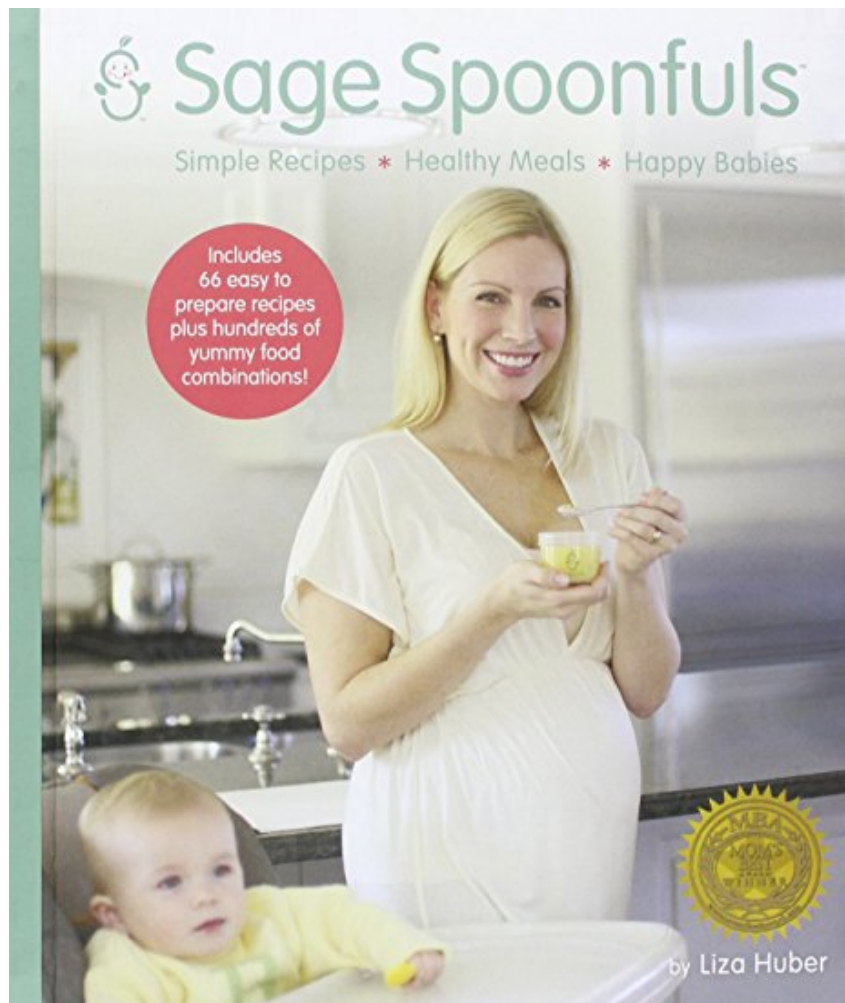




The book was found

# Sage Spoonfuls Sage Spoonfuls-Simple Recipes, Healthy Meals, Happy Babies



## Customer Reviews

Making baby food should be easy right? Well I found myself not knowing which foods to pair together. This book takes all worries away! Each fruit and vegetable has a list of the different vitamins that are in it and they're recommendations for different foods that it pairs well with. Great book!!

I love this book....I am a new mom and will be making my own baby food. This book breaks it down my age and tells you what you should feed your baby.... It also tells you what taste good together and what does not....love love it...

good bases on where to start with solids and babies

I love this book! It is easy to follow, has great food combinations and recipes, and excellent info regarding storage prepared food. I also bought Cooking for Baby, which I don't care for as much. Highly recommend this book.

This is such a good baby food making book I just can't say enough about it. I love that it explains how to prepare each type of food, what other foods to mix it with, how to store it, and also what nutrients are in each food. I have exclusively home made all of my baby's food since I started feeding her solids at 5 months old (she is now 13 months old) and I couldn't have done it without this book. The first time I used it, I made 110 four ounce containers of baby puree for about \$25. I would have paid well over \$150 had I bought all of that food pre-made in the baby aisle at the store. And home made food is so much purer and healthier. This book fully covers everything you need to know about making food for a baby up to 12 months old and then even touches a bit on making food for children over 12 months. I cannot recommend this book enough for someone interested in making their own baby purees.

beautifully written and presented in a way thats easy to understand.

This book is awesome. It really helped us learn to feed out 5 month old.

I love this book (and so does my daughter)! As a new mom, I really wanted to try to make my own baby food, but wasn't really sure how to make it and what to make at what age. This cookbook is

super easy to follow, has the food broken down by age, has the nutritional contents of each food (vitamins, minerals, etc.), warns which foods are allergenic and which aren't, and suggests tasty combos (for variety, or just to mask a food your baby doesn't particularly like on its own). Does this cookbook have unique and complicated recipes you couldn't have invented on your own? No, but it takes the guesswork and uncertainty out of meal planning. As a mom who also works full-time, it's fantastic to know that I can rely on these recipes to turn out perfectly and rather quickly. Making baby food can be done quickly, easily, economically. Hooray!

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