



RealSmart Baby Food: How to Make 3-Months Worth of Delicious, Nutritious Baby Food In 3 One-Hour Blocks of Time

Lisa Barrangou Ph.D.

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IMPORTANT: *RealSmart Baby Food* is being re-published in updated format through Random House (Ten Speed Press). *RealSmart Baby Food* is no longer available. Pre-order *The Amazing Make-Ahead Baby Food Book*, to be released April 28, 2015!

RealSmart Baby Food is a comprehensive guide containing everything you need to know about feeding baby, including a unique and novel strategy to create 3-months worth of delicious, nutritious baby food in 3 one-hour blocks of time. Who wouldn't want to have a 3-month supply of premium homemade baby food purées at their fingertips, with the tools to effortlessly combine those purées into flavorful, fun meals like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum Gingered Broccoli Quinoa, and Purple Papaya Flax Yogurt? There is no reason to resort to overly processed, nutritionally inferior, void-of taste jarred baby foods, when making premium homemade baby food, from fresh whole foods, is so easy to do.

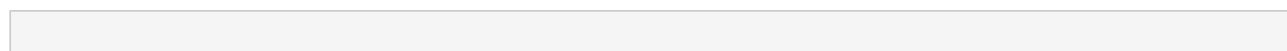
RealSmart Baby Food includes:

- A novel strategy to create 3-months worth of delicious, nutritious baby food in 3 one-hour blocks of time
- Over 70 individual whole food recipes
- How to select specific whole foods, including when to choose organic
- Feeding timelines and milestones
- What to feed baby, in what order, and how much
- How to manage food hazards (allergies, choking, foods to avoid)
- How to manage digestive health and specialty diets (vegetarian, vegan, gluten-free)
- In-depth nutrition information
- Safe food handling and preparation guidelines

"An excellent resource for any parent who wants to make their child's first foods. An easy and informative manual to help make introducing solid foods a delicious and healthy start to a lifetime of good eating."--Dr. Blair J Guidera, MD, FAAP

"A terrific resource for both new and experienced parents who want to encourage healthy eating from an early age."--Dr. Michelle Wong, MD, FACOG

"Mums Baby Magazine we're really impressed with this clear and concise guide to creating baby food. We especially favoured the charts and guides which can be followed easily to produce daily and weekly feeding guides which offer children a wide range of flavours in an order specifically tailored towards infants...The RealSmart Baby Food book is well written and enables parents to gain the confidence and structure required to feed their children appropriately and healthily. We therefore give this book 9/10."--Mums Baby Magazine



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