



The Amazing Make-Ahead Baby Food Book: Make 3 Months of Homemade Purees in 3 Hours

Lisa Barrangou

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You can prepare three months' worth of healthy, homemade baby food in just three one-hour blocks of time!

Perfect for busy parents, Dr. Lisa Barrangou's innovative plan features instructions for preparing, freezing, and effortlessly combining puree "building blocks" into quick, tasty meals. With fun combinations like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum-Gingered Brocco-Quinoa, and Purple Papaya Flax Yogurt, *The Amazing Make-Ahead Baby Food Book* will help your baby cultivate an adventurous palate while providing a rainbow of nutrients.

From the Hardcover edition.

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