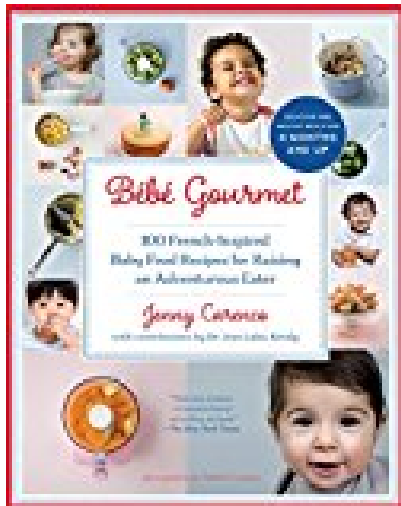


# Bébé Gourmet 100 French-Inspired Baby Food Recipes For Raising an Adventurous Eater

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## BOOK DETAILS

- Author : Jenny Carencia
- Pages : 192 Pages
- Publisher : The Experiment
- Language : English
- ISBN : 1615190708

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## BOOK SYNOPSIS

Move over mushy carrots and peas: The French teach their children to appreciate new flavors, ingredients, and textures from the first spoonful. No one knows this better than Jenny Carencio, mother of two and founder of leading French baby food brand Les Menus Bébé. In *Bébé Gourmet*, Jenny shares her popular recipes from Carrot and Cumin Purée to Baby Beef Bourguignon, along with cooking tips and organizational tricks to help you awaken your baby's taste buds and encourage healthy eating habits. Recipes for lunches, dinners, and snacks are organized by the major stages of development: 4 months, 6 months, 9 months, 12 months and up. *Bébé Gourmet* features:

- Dishes inspired by culinary traditions from France and other international cuisines
- Nutritional guidance at each stage from Dr. Jean Lalau Keraly, Pediatric Nutritionist and Endocrinologist
- Quick and easy recipes that take under 30 minutes to prepare (many under 15!)
- "Yummy Tips" on adapting recipes for the whole family.

By preparing satisfying, homemade meals, gradually introducing natural ingredients and seasonings, and passing on the pleasures of eating, you'll be taking the first steps in raising an adventurous eater for life!

**Bébé GOURMET 100 FRENCH-INSPIRED BABY FOOD RECIPES FOR RAISING AN ADVENTUROUS EATER** - Are you looking for Ebook *Bébé Gourmet 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater*? You will be glad to know that right now *Bébé Gourmet 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Bébé Gourmet 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Bébé Gourmet 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater* and many other ebooks.

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