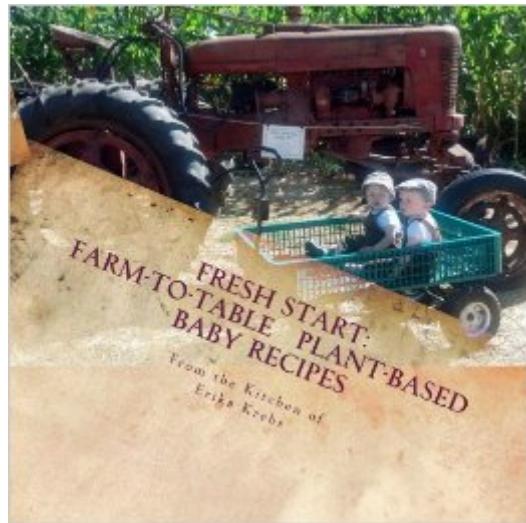


The book was found

Fresh Start: Farm-to-Table, Plant-Based Baby Recipes



Synopsis

"Congratulations - your baby is ready for solids!" Now, the question is "Are you?" This plant based cookbook is for all those families out there ready to give their babies a Fresh Start to nutrition. No pureeing cheeseburgers, pizza, and chicken nuggets as I'm sure many of us eat now. No, this cookbook gives that child a Fresh Start to their relationship with food. As a society, we have fallen into the addictions of salt, sugar, and processed food. We are a fast food nation. But, this book is a guide to stopping this trend and getting back to the basics of why we eat - for nutrition. This cookbook is filled with tasty plant-based, low allergenic recipes that prioritize health, environment, and compassion. Every recipe includes NO ADDED meat, dairy, sugar, salt, and peanuts! It includes sustainable ingredients that have significant nutrient value and will help babies and toddlers develop a well-rounded palate that's essential to establishing preferences to vegetables, fruit, and other "superfoods" important for proper growth and development. So, grab your blender, bib, and spoon and get ready for a fresh start to your baby's food journey!" Raising my children on an organic plant-based diet is one way I can directly and actively contribute to their future--their future health and their future environment most obviously. But I also feel that this diet will teach them a lesson in compassion for animals. I hope that any one of these reasons is motivation enough for you to want the same for your children. All traditions start somewhere. Let it this one start with you." Erika Lee Krebs, Author and Mother ErikaLeeKrebs.com

Book Information

Paperback: 138 pages

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ISBN-13: 978-0615872612

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #311,871 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #65 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #155 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

Customer Reviews

I have found my new baby shower gift! I think all new moms want to feed their babies healthy food,

but most don't really know how. This book is based on the real life experience of 2 babies (twins) and their mother who learned how to prepare nutritious plant-based foods for them. Ms. Krebs explains why it is good to feed your baby in this manner and then carefully shows how to do it. If you have a job and are hard-pressed for time, the author explains how to cook on the week-ends and then freeze foods to use during the rest of the week. Great job Erika Krebs! As a p.s., for you parents who would like to try eating a plant-based diet yourselves, I have written a cookbook that you might like: Coco's Healthy Cooking: A Collection of Delicious Plant-Based Recipes to Renew Your Health and Vitality.

I like how the recipes are divided between 6-12mo and 12+mo, and the weekly menus give great ideas for balanced nutrition. My favorite recipes were Beet & Sweet Potato Puree (sweet but naturally healthy), the Avocado, Beans and Rice (so good I'VE had this for lunch), and the Squash Spaghetti (a healthy version of pasta). Cannot wait for the next cookbook! I would recommend this book to anyone with children, really, but most definitely to anyone with children who have food allergies.

This book is SPECTACULAR. I have always wanted to prepare healthy meals for my kids, but thought it would be too time-consuming and I worried that the end result would be bland meals that my kids disliked. This book changed my mind! Not only are the recipes easy to prepare, my kids loved to eat the food! I feel so good knowing that my kids are beginning their lives with healthy eating habits. I couldn't have done it without the help of this wonderful book. Thank you!

It's fun to read as it has a lot of "real life" experiences with the author's children. The recipes are so "doable" which is extremely important. Wish it had been around when my children were small.

While this book is perfect for younger toddlers, I have to say it's also great for children of any age who are picky. I have a heck of a time getting my daughter to eat much of anything, much less vegetables or anything that resembles the color green! These recipes are super tasty, easy (perfect for my hectic work schedule) and mask the tastes that my 6 year old has aversions too. Combining such simple, healthy ingredients is a great way to introduce kids to a lifetime of good food choices. I have also incorporated some of these recipes into my own daily meal plan :)

Really well done book - good/helpful information in the beginning and plenty of delicious recipes

throughout the book. Clear diagrams are included with each recipe which lay out the food group needs satisfied by that particular recipe. Easy to make food and great variety. Perfect for any one looking for simple baby recipes - and a great gift for new moms!

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