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# The Baby-led Weaning Cookbook: Over 130 Delicious Recipes For The Whole Family To Enjoy

GILL RAPLEY &  
TRACEY MURKETT

## The Baby-led Weaning COOKBOOK

Over 130 delicious  
recipes for the whole  
family to enjoy

'...makes life so much easier'  
*The Times*

'the benefits are great'  
*Independent*



## **Synopsis**

In Baby-led Weaning, leading health visitor Gill Rapley and journalist and mum Tracey Murkett introduced parents to a common sense, easy and enjoyable approach to feeding your child, allowing your baby to join in with family meals right from the start of the weaning process. Now The Baby-led Weaning Cookbook offers comprehensive recipes and meal plans to follow so the entire family can take part in making your child a happy and confident eater. Full of healthy, delicious meals the whole family will enjoy, and beautifully illustrated throughout, The Baby-led Weaning Cookbook also includes:- simple advice on how to start weaning- essential at-a-glance information on nutrition and food safety- recipes for desserts and family dinners, as well as ideas for quick snacks and lunch boxes- anecdotes and quotes from parents. The Baby-led Weaning Cookbook will give parents the confidence to create exciting and enjoyable mealtimes, allowing their baby to develop his skills as he progresses with food.

## **Book Information**

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## **Customer Reviews**

I was already well into the BLW process when we bought this book, but as an avid BLW evangelist, I had to have it anyway, for the lending library, at the very least. I wish I could take my original BLW

book back and get just this one instead. The first several chapters are, in essence, a re-hashing of the original BLW book, but explained in a much simpler way, laid out more nicely, and with visual aids (charts, graphs, and -- of course -- completely adorable pictures of babies). It does offer some nice bullet-pointed lists absent from the original book that are tremendously useful -- things like "What to Expect," "Keeping Mealtimes Safe," "Common Allergens," and the like, as well as charts of relevant feeding skills by age. Also, this book offers nice long lists of actual suggestions of a variety of first and second foods, which the original book did not. Truthfully, it just looks nicer and reads more easily than the original book. As for the recipe section, I think it's quite useful. I'm a fairly good cook and menu planner, and part of the point of going the BLW route was so that the baby could quickly transition to eating basically what we (the adults) were eating. However, I know that I found myself befuddled after having the baby in how to suddenly cook as a Mom. In the old days, I could spend all afternoon preparing complex and leisurely meals... the transition to quick, one-pot cookery was not a graceful (or particularly tasty) one for me, and trying to develop meals based on how quickly I could eat them with only one free hand was tricky, to say the least. It took me several months to really find my rhythm in the kitchen again, and I suspect this cookbook might've helped.

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Cookbook: 25 delicious, easy to cook, chocolate treats for the whole family to enjoy, including lots of bakers' secrets (Baker's Secrets Cookbooks) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love (Everything®) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chef's Guide to Breakfast with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More 30 Day Whole Foods Cookbook: 90 Delicious Recipes to Plan the Diet, Start Whole Food Challenge, Lose Weight and Change Your Life The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants)

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