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# The Baby Led Feeding Cookbook: A New Healthy Way Of Eating For Your Baby That The Whole Family Will Love!



## Synopsis

There is growing recognition that baby-led weaning is the healthiest way for children to develop a love of good food. Aileen Cox Blundell used this method to successfully wean her three children. Since she began to share her delicious recipes, which are free from salt and refined sugar, on her blog, they have become a popular phenomenon. Here, in her first cookbook, she shares over 150 recipes that the whole family will love, including Three-Ingredient Banana Pancakes, Sweet Potato Super Muffins, Tuna and Quinoa Baby Bites,, Avocado Pasta, Chicken Korma Pies and Buddha Bowls. Aileen also includes advice on how to get started when your baby is ready to be weaned, as well as her very own kitchen tips. Wave goodbye to wasting time on purées and preparing separate meals - with The Baby-Led Feeding Cookbook you can enjoy watching your baby effortlessly develop a happy relationship with food for life! [www.babyledfeeding.com](http://www.babyledfeeding.com)

## Book Information

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