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# First Bites: Homemade, Nourishing Recipes From Baby Spoonfuls To Toddler Treats



## Synopsis

Start your baby off right with real food to nourish their every need. First Bites teaches you the ins and outs of introducing food so good, even you will want to eat it! This adorable and innovative cookbook is packed full of easy recipes that are bursting with flavor and nutrients to expand your baby's palette and give them the vitamins they need to thrive. Work your way through flavorful purees that will delight your baby's taste buds and get them excited about a new world of real food. Then, you'll transition them into eating little bites that get them ready to participate in family meal time! Your baby will not only love eating these delicious recipes but will also develop healthy eating habits early on. Recipes include: • Roasted banana and pears with cinnamon • Zucchini mashed potatoes with thyme • Curry coconut sweet potatoes • Spinach and lentil fritters • Mini whole wheat vanilla waffles • Tropical coconut chia pudding • Cocoa spinach protein smoothie • Mini cheddar, sweet potato, and leek frittatas • Baked fish sticks • So many more!

## Book Information

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## Customer Reviews

"As a mama who's currently in the trenches of feeding two little ones, Leigh Ann's beautiful book offers a wealth of new ideas for flavorful family meals •and the final 'Mama's Only' chapter is a helpful (and delicious!) reminder of the importance of nourishing myself, too." •Amy Palanjian, creator of Yummy Toddler Food and Family Fun lifestyle director "The most comprehensive and gorgeous guide to navigate your baby's early eating years. From starting your little one on solids to building their taste buds through their terrible twos, First Bites provides endless creative recipes to

get your munchkin excited for each and every bite." â•The Toasted Pine Nut blog "Leigh Ann and her recipes never cease to amaze and inspire. Her eye for beautiful food, her creativity for beautiful pairings, and her quick and easy way of helping a non-chef (like myself!) recreate her dishes make her a true gem in the culinary world. Now that she has added baby and toddler food to her repertoire, I will absolutely never need anyone else but Leigh Ann to help make my kitchen come to life!" â•A + Lifeblog "This is a great guidebook for both first time and established moms who are excited to embark on a homemade food journey with their family. With Leigh Ann's help, you can create easy and delicious meals, from purees to finger foods, that will not only establish healthy eating habits, but also make preparing meals feel less like a chore and more like an adventure. And the chapter devoted to food just for moms? Genius." â•Queen of the Land of Twigs 'n Berries blog

Leigh Ann Chatagnier is the founder of food & lifestyle blog My Diary of Us and author of The Unexpected Cajun Kitchen: Classic Cuisine with a Twist of Farm-to-Table Freshness. Cooking has always been a part of her life, and she has always enjoyed creating recipes around fresh, not processed, foods. When her son was born, she knew she wanted to start him off on this healthy path as soon as possible! Leigh Ann lives with her husband and son in Houston, Texas.

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