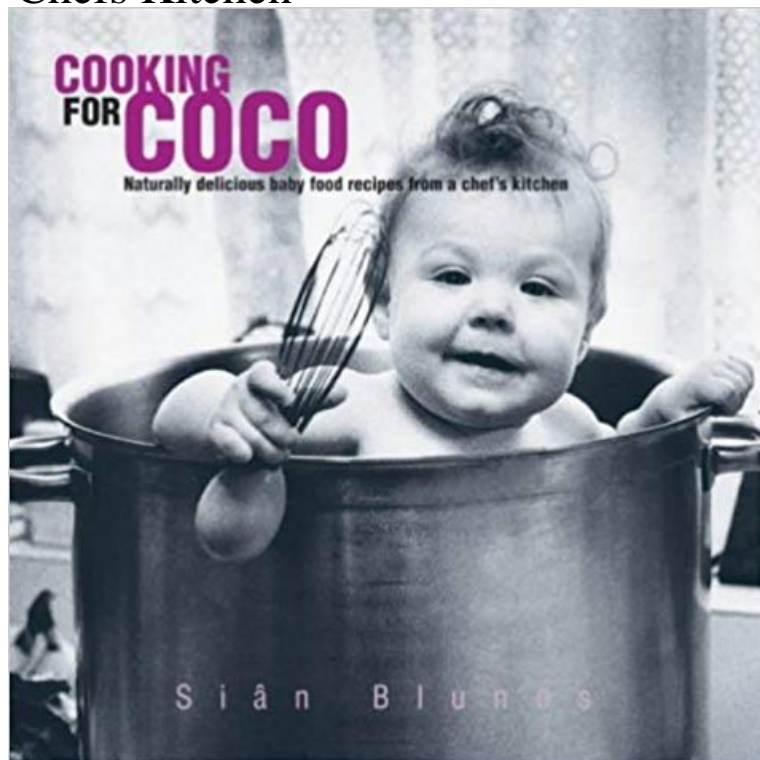


## Cooking For Coco: Naturally Delicious Baby Food Recipes From A Chefs Kitchen



Like most busy mothers, Sian Blunos wanted to feed her baby well, but as a trained chef, working alongside her Michelin-starred chef husband, she didn't have a lot of free time. Her solution was to develop recipes using a wide variety of fresh, available foods, which could be batch-cooked and used to stock the freezer. Now, she always has on hand a range of delicious dishes that can be served up at any time, even when away from the kitchen, and you can, too. Sian advises how with a little care and planning, you can give even the youngest of children the experience of good, fresh food, which is tasty and nutritious. There is an added benefit, too; babies raised on this type of food rarely become fussy eaters - good eating patterns become set for life. If you want to give your baby the best, given that time is limited, you can't afford not to treat both of yourselves to this book.

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