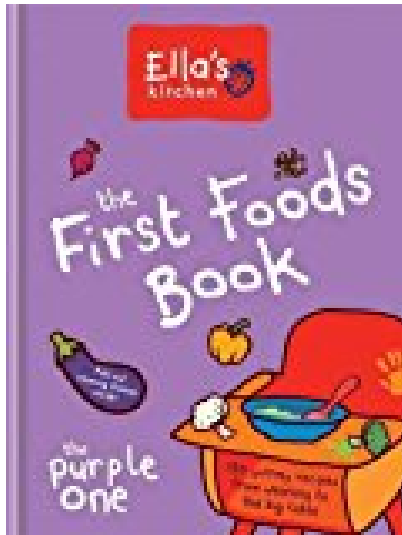


# The First Foods Book The Purple One Ellas Kitchen

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## BOOK DETAILS

- Author : Ella's Kitchen
- Pages : 192 Pages
- Publisher : Hamlyn
- Language : English
- ISBN : 0600629252

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## **BOOK SYNOPSIS**

Covering every step of the weaning journey, from six months to a year, The First Foods Book includes more than 130 recipes - from single-veg purees to exciting combinations and full meals. Every one has been rigorously tested to ensure it meets with Ellas Kitchen nutritional standards. There is also lots of practical advice to give every parent confidence at this key stage of their baby's development. Top tips and insider advice from nutritionists, baby experts and real mums, dads and carers make weaning easy and stress-free - introducing solids becomes as much of an adventure for parents as it is for the little one whose taste exploration has only just begun. Weekly meal planners show you just what to expect, and there is a pull-out chart included in the book that you can stick on your fridge or wall. The third in the hugely successful Ellas Kitchen Cook Book series, The First Foods Book brims with recipes guaranteed to set tiny taste buds alight. With every recipe specifically developed for its nutritional content, as well as for its yummy flavour, and with the Ellas Kitchen stamp of approval on every page, this is set to become every parent's must-have guide to weaning.

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