



The Happy Baby Cookbook

The Australian Women's Weekly

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Beginning with recipes for pregnancy and information about breastfeeding and bottle feeding, the book moves through all phases of feeding baby from first solids to meals with the family. There are chapters on food to take to preschool, portable food, food for allergies, yogurt snacks, smoothies, and party food including cakes. Hints and tips abound throughout the book on freezing baby's food quick and easy-to-make snacks and of course solid advice on healthy options for growing babies.

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