



## **201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat!**

*Tamika L. Gardner*

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# 201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat!

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Baby food should be made of the freshest, healthiest ingredients on the planet. Brimming with the biggest variety of purees sure to expand baby's palate, *201 Organic Baby Purees* teaches readers to blend, well-balanced meals right in their own home.

As easy-to-prepare as they are nutritious, these recipes include:

- Basic fruit and veggie blends from apricots to zucchini
- Classic combinations such as turkey, sweet potato, and corn
- Superfoods like avocado, blueberries, and spinach
- Puree-based transition recipes including soups, biscuits, frozen desserts, and more!

Free of pesticides, hormones, GMOs, and additives, these delicious purees promote strong immune systems and healthy growth--designed to protect tiny tummies.

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