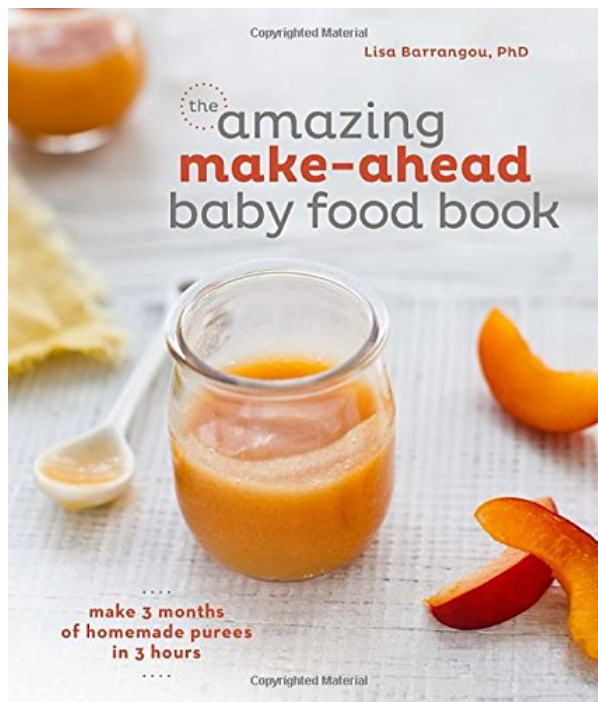


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About the Author

LISA BARRANGOU, PhD, is an experienced food scientist and culinary professional. After becoming a mother, she founded The Green Baby Chef, a homemade baby food company offering personal chef services for infants, as well as private cooking instruction and baby food-making workshops. She holds a BS in nutrition, food, and agriculture from Cornell University, and an MS and PhD in food science from North Carolina State University.

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Whole foods are foods that are unprocessed and unrefined (or processed and refined as little as possible), and therefore maintain their natural flavor and nutrient integrity. Think of whole foods as those that can typically be found in nature, like whole fruits, vegetables, unrefined grains, and fresh cuts of meat. Processed jarred and pouched baby foods, while made mostly, but not entirely, from whole foods, are subject to very high temperature and pressure treatments, which allow them to remain shelf stable for literally years but result in substantial nutrient and flavor loss. The impact of this high heat can be clearly seen by comparing the color of processed jarred pea puree with homemade pea puree. The dramatic color change that results from excess heat directly indicates nutrient and flavor quality loss. In addition to extensive processing, jarred baby foods often include thickening agents, such as flours, starches, and gums, to increase stability (prevent them from separating during long-term storage), effectively diluting the nutrient density of the product.

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Making homemade baby food provides an opportunity for you to prepare whole foods for your baby right from the start. Researchers have found that consumption patterns for fruits and vegetables often change adversely as babies transition from purees to a mature diet, primarily due to the introduction of processed foods. One study researched food consumption patterns of US infants and toddlers and found that, while deep yellow vegetables were consumed by 39 percent of babies at seven to eight months old, that percentage sharply declined to 13 percent at nineteen to twenty-four months old, when french fries became the most commonly consumed vegetable. This study also found that at nineteen to twenty-four months old, nearly one-third of babies consumed no fruit, while 60 percent consumed baked desserts, 20 percent consumed candy, and 44 percent consumed sweetened beverages on a given day.¹ In our current Western food culture, many well-intentioned parents unwittingly fall into the processed food trap. And no matter how healthily you may have eaten before you had children, it can be even harder to find the time for fresh-food preparation once they come along. I hope this simple system will make it easier for you to quickly and confidently keep whole foods at the forefront of your child's eating habits—even as life becomes increasingly more complex. Preparing homemade baby food is very easy to do, but it does take time, the right cooking tools, and planning to provide a diverse, well-balanced offering of age-appropriate food. The *Amazing Make-Ahead Baby Food Book* does most of the planning for you, guiding you through a six-step process that will prepare you to make three months' worth of baby food in just three one-hour blocks of time. After guiding you through preparing a large supply of individual whole food purees, this book shows you how to combine your individual purees into an endless variation of flavorful, nutritionally balanced meals, and then transitions you to preparing more advanced meals as your baby approaches readiness for a mature diet.

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You can prepare three months' worth of healthy, homemade baby food in just three one-hour blocks of time!

Perfect for busy parents, Dr. Lisa Barrangou's innovative plan features instructions for preparing, freezing, and effortlessly combining puree "building blocks" into quick, tasty meals. With fun combinations like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum-Gingered Brocco-Quinoa, and Purple Papaya Flax Yogurt, The Amazing Make-Ahead Baby Food Book will help your baby cultivate an adventurous palate while providing a rainbow of nutrients.

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Most helpful customer reviews

24 of 24 people found the following review helpful.

Amazing book for learning how to make baby food

By Adam Young

I can't say enough good things about this book! I have 8 month old twins and I work full time and I have been making their baby food from whole foods since they started solids at 6 months. One of the things I love most about this book is that the author describes each fruit and vegetable and what you should look for when picking them from the produce section at the store. Also, I love that she highlights ways to save time with certain foods. With twins I am all about that! If I'm short on time, but need to make some food quick, I have a go-to list of foods that require little to no prep (frozen peas, avocados, etc.). I love having an inventory of

baby food in the freezer to use every day. When I take my box full of baby food out of the freezer and people see the Ziplock bags full of colorful baby food, they always say "You're so organized!" which is funny because I'm really not. The strategies in the books are flexible too...I don't normally make months worth of food at one time. I usually go shopping and then make 2-3 fruits/veggies per day and get it done in smaller chunks instead of one longer session. I've definitely gotten more efficient as time has gone on too, so don't get overwhelmed if your first cooking session doesn't go as smoothly as you want it to. One last great thing about the book is it recommends fruits/veggies that can be paired together. For example, one of my twins did NOT like black beans the first time I tried it with her. So I waited a few days and the book said that black beans could be paired with apples. So I mixed a cube of black beans with a cube of apples and tried feeding that to her the second time. She took it the second time! Who would have thought those two things could go together. I definitely recommend this book to anyone who wants to learn how to make their own baby food!

~Jen

15 of 16 people found the following review helpful.

I tend to be more on the "type A" spectrum in where ideally I would like to research all the methods and ideas and then ...

By angela

I will be the first person to tell you that when it comes to raising a baby, I'm clueless. Pre-baby I thought for sure that once I became a parent I would constantly be reading parenting books, scouring scholarly articles and keeping up to date on the newest parenting techniques. But let's be honest, I am a first time mom with a newborn babe...who has time for all that?! I am lucky to fit in a shower every day, let alone reading parenting books.

I definitely was shocked when we were sent home from the hospital with a tiny pamphlet of information regarding basic parenting techniques and care information for my own self... we were just expected to know how to keep this baby safe and make it grow??

Luckily, we have lots of help from family and friends... but when it came to new milestones in little JJ's life, such as starting to eat real food, we didn't even know where to begin! Baby led weaning, purees, a combination... we were so lost. Our pediatrician basically said to not feed him honey... and that's it. I tend to be more on the "type A" spectrum in where ideally I would like to research all the methods and ideas and then choose an exact plan of action...but like I said before who has time for all that?

Almost like clock work, that day I got an email from Blogging for Books advertising The Amazing Make-Ahead Baby Food Book by Lisa Barrangou, PhD... and I requested it immediately.

When I received the book I dove in head first and took pages of notes on what to do, how to do it, and any questions I might of had... but let me tell you, this book had it all! On top of the basic information like how and when to introduce foods, there is a whole 3 month day to day meal plan set out for you to use. This made my "type A" personality so happy. It took all of the stress right out of this developmental milestone with my babe, so I felt confident in what we were doing and I could just relax and enjoy the process.

The premise of this book is that you can prep 3 months worth of homemade, pureed, baby food in just 3 hours by using whole foods, your blender, and ice cube trays... that way each day you can pull cubes of foods from your freezer and easily thaw them for you baby to enjoy.

Here are my personal favorite things about this book:

Detailed Grocery Lists

Within the first 10 pages there is a detailed grocery list of every whole food you'll need to buy for the 3 month meal plan. Not only do they list the items, but they give you the amount needed, selection tips, and even if that food is part of the dirty dozen, (to buy organic if possible) the clean 15, (where organic would not matter) or if they are available frozen! Talk about convenient!

Step by Step Prep Instructions

For each food, there are detailed instructions on how to prepare, puree, and freeze. We're talking 56 pages of different steps and guides, it is so helpful! This includes making your own rice, oat, and quinoa cereal which is so dang easy--I never would have guessed!

3 Months of Menus

This was probably my favorite part of the whole book. Just with my personality type, having a detailed day by day list of exactly what to pull and thaw each day was so refreshing. It made starting solids seem much more manageable for me. I honestly was overwhelmed with not knowing how to go about starting foods for JJ and having this menu laid out in front of me showing me when to introduce each new food made it so easy! I followed the first month exactly just so I could review it accurately, the second month I followed pretty closely substituting some other foods in the place of ones they had in there, and by the third month I felt so confident in my abilities that I didn't need to follow it anymore... but I did love the ideas and inspiration the menus gave me.

Flavor Compatibility Guide

For each food that was on the menu they listed which foods combined well with it...due to their flavor profiles. This is hands-down the section I reference most now that I am not using the menu anymore. It's nice to know which flavors mesh well together without guessing and having them be disgusting and thrown out because JJ won't eat them. :)

Photos

I would love this book regardless of the photos...but it's a definite perk! The photographs are so bright, vibrant and colorful, I love looking at them.

Overall I would give this book two huge thumbs up! It would be an awesome gift for someone that you knew wanted to go about making their own purees for their baby. I've had quite a few people out and about comment on the purees and ask me about them... I have told so many people about this book, I love it!

I received this book from the Blogging for Books program in exchange for this honest review.

4 of 4 people found the following review helpful.

A++++ for variety, best baby cookbook I ever owned

By Rena M.

This is my third baby food book, and by far the best. For your reference, the two others were Fast & Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes and The Best Homemade Baby Food on the Planet: Know What Goes Into Every Bite with More Than 200 of the Most Deliciously Nutritious Homemade Baby Food Recipes. I was hesitant purchasing this at first, because I did

not need to make ahead 3 months of baby food, but this book is amazing even if you don't need it.

I used the 'The Best Homemade Baby Food' book for my first child 5 years ago, and was pretty happy with it. However, when I got this one, I was shocked that baby foods can be so diverse. Cooking method is mostly the same for all baby food books. Cut, steam and blend. What makes this book so unique, is that it introduces so many variety of vegetables, fruits, grains and legumes. Some of them I didn't even notice they existed. I love the fact that I can introduce all kinds of food out there to my 6 month old, and hopefully he'll develop a habit of trying a variety of healthy foods later in life too. My 5 year old daughter is still a very picky eater and she has a hard time trying new food. Sometimes I wonder if that could have been changed at least a little if I had this book when she was a baby. Probably not, but still...

On top of variety, this book also has 'Food Compatibility Chart'. You can pair and mix your cubes of babyfood to give them thousands of variety for their palate. This will be especially good when the baby rejects one flavor but you still want to give it to him. Mix it with something he likes in the chart, and he'll like it better than one flavor alone (such as kale or broccoli). (I haven't tried this myself though, as I only had this book for 4-5 weeks. My son liked everything I made so far, except sweet peas. I am planning to mix it with something else and try again soon.)

The only downside is, when to introduce which is not specified by month. If you are starting solids at 6 months, I think you can just follow sample schedule in the book (which is also amazing by the way). But because I started solids at 5 months, I referenced 'The Best Homemade Baby Food' book for introducing which food when. (I actually lost my copy but found that it was only \$2.99 in kindle, so I bought it again.) I do recommend supplementing with another book if you are confused with the timing of introduction. Or maybe you can google when to introduce what.

This book is made beautifully, and I really recommend it. I read it everyday just because the book is so pretty, and it has very good information in picking and purchasing the right food. Although I didn't follow the make ahead schedule, I'm sure it would come in very handy for those who need it too. Recommended cooking tools is also helpful, as I love the silicone trays described here, opposed to expensive baby food freezing trays.

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Never ever question with our deal, because we will always give what you require. As such as this updated book *The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours* By Lisa Barrangou, you could not find in the other area. Yet here, it's quite easy. Just click and download, you can possess the *The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours* By Lisa Barrangou When convenience will alleviate your life, why should take the complicated one? You can purchase the soft data of the book *The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours* By Lisa Barrangou here as well as be participant of us. Besides this book [*The Amazing Make-Ahead Baby Food Book: Make 3 Months Of Homemade Purees In 3 Hours* By Lisa Barrangou](#), you could likewise discover hundreds listings of guides from numerous resources, collections, authors, and also writers in worldwide.