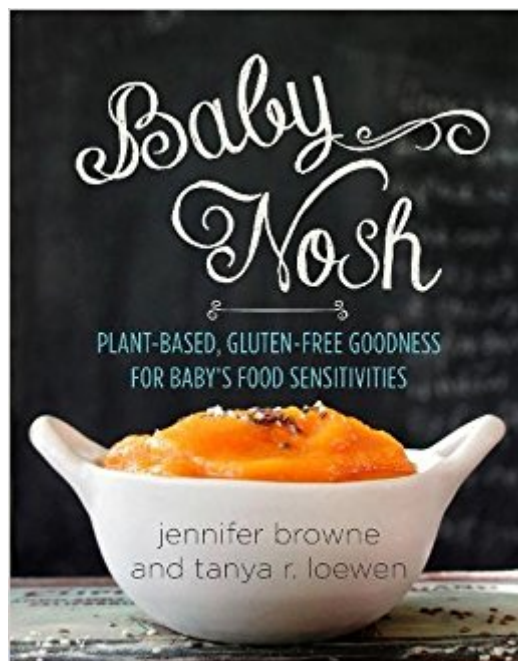




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Baby Nosh: Plant-Based, Gluten-Free Goodness For Baby's Food Sensitivities



Synopsis

Caring for a baby or small child with food sensitivities is never fun—especially if you have no idea what the culprit is. Meet Jennifer and Tanya: two modern mamas with a combined seven children and twenty-five years—worth of experience in navigating the problem of what to feed a baby with an uncooperative digestive tract. Written in frank, humorous language displaying a boisterous passion for real food, this book schools readers on what some common food offenders are, why food sensitivities are more prevalent now than in the past, secrets to assembling the perfect pantry, and how to cook one meal that will nourish anyone from six months to sixty years with simple, wholesome ingredients. Here are fifty plant-based, gluten-free, easily digestible recipes that are not only nutritious, delicious, and kind to your little one—s gut, but are also appropriate for the entire family. There are even a handful of natural food remedies for teething pain, fevers, cold and flu, and more. From yam medallions to strawberry-chia spread, carrot-ginger swirl pancakes to chamomile teething treats, Baby Nosh will simplify mealtimes and help your baby or toddler thrive! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We—ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Customer Reviews

Jennifer Browne completed her Bachelor of Arts degree in English literature at the University of Fraser Valley and has a certificate in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies. Although diagnosed with IBS in 2001, she has been symptom-free since the fall of 2010, which coincides with her adoption of a plant-based diet. She is the author of *Happy Healthy Gut* and *Vegetarian Comfort Foods* and lives with her husband and three children just outside of Vancouver, British Columbia. Tanya R. Loewen is a Vancouver-based shutterbug and tattoo artist. When she's not taking photographs or zapping people with needles, she can be found painting, sculpting, restoring furniture, or up to her elbows in dirt. She lives with her husband and their eclectic tribe of four young children. She is passionate about God, living authentically, and savoring life. Visit her at wildhoneyarthouse.com. She lives in Vancouver, British Columbia.

This book is just what I was looking for! There are lots of beautiful pictures of wonderful recipes.

Truly tasty recipes. delicious foods for 6+ month babies with tempting smells. Highly recommended for parents who want to feed delicious and healthy foods to their darlings.

Butternut squash recipe and the lucky lentils were a hit! Excellent book full of great ideas

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