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Baby Led Weaning: Quick and Easy Recipes for Busy Mums (Volume 1)

Natalie Bryan

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Written by a REAL mum for REAL mums! This beautifully illustrated book is chock full of delicious meals and snacks that are ideal for the entire family. The no fuss recipes are perfect for busy mums and can be made in record time. The book also contains a handy four week food guide for BLW beginners as well as a seven day meal plan for when you are ready to give baby more complex meals. A note from the Author: Hi, I'm Natalie wife and mother to my beautiful little girl Annabelle. I have always had a passion for cooking but have been far too busy (lazy!) to ever take it seriously, however when I became a mother for the first time food suddenly became extremely important to me, I wanted to be as healthy as I could be during my pregnancy and at six months of age teach my daughter that she can fuel her body in a healthy yet exceptionally tasty way! A local NCT course convinced me that baby led weaning is beyond doubt the best way to wean and once I got started I was amazed at how exciting Annabelle and I found it, I got the baking bug and starting trying every suitable recipe I could find, I then began adjusting recipes to improve them, make them naughtier for special occasions or healthier for every day consumption. I also had to make some simple adjustments to ingredients because Annabelle suffers with a cow milk allergy. After spending hours on end tweaking recipes and writing them up in my little notebook I thought it would be a lovely idea to share them with other mums who would like to go the baby-led waning route and prove that other cows milk allergy suffers can have as much fun with food as any other BLW baby! I hope you enjoy the recipes, your feedback is always welcome.

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