



Micah's Meals: Easy, Nutritious and Tasty Meals for Babies, Toddlers and Beyond

Amaka Benson

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Micah's Meals is more than just a cookbook; it is the quintessential guide to your baby's important first years of feeding. With over 180 easy, nutritious and tasty recipes, each with a full nutritional breakdown, it also includes health safety tips and weaning advice. To ensure the information in the cookbook is top-notch, Amaka worked with Rosie Letts, a Nutritional Therapist and the founder of Bump & Beyond Nutrition. From the introduction of solid foods at 6 months, Micah's Meals provides information on taste, texture and what foods to avoid in order to help make the transition to family meals easier for your little one. To make things simpler for parents, Micah's Meals also includes weekly menu plans and tips for cooking in bulk, so you don't have to spend hours every day cooking. With the menu plans as your guide, you can make dishes in batches and store a variety of nutritious, tasty meals. Many of the recipes can be adapted to feed older children and even adults - just serve without pureeing. Likewise, some of the recipes for toddlers can be modified into meals that can be enjoyed by younger babies. Micah's Meals is an invaluable guide that is suitable for both the novice and experienced cook. Containing an exciting and diverse range of recipes, from fruit salad puree to jollof risotto, it is the perfect addition to any parent or carer's kitchen.

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