



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

By Tamika L Gardner

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201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! By Tamika L Gardner

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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Editorial Review

Amazon.com Review

Featured Recipe: Bananaberry Power Puree

For babies 6 months and older

Because blueberries have amazing antioxidant power, try to incorporate them into your purees as much as you can. If your blueberries are a little too tart, make sure your banana is super ripe to balance things out. Coupled with yogurt's calcium, protein, phosphorus, and probiotics, this power puree is a perfectly sweet way to give your baby superfoods.

Yield 4-5 servings

- 1/4 cup frozen organic blueberries
- 1 small, ripe organic banana (with lots of brown spots)
- 4 ounces whole fat plain or vanilla-flavored organic yogurt for babies

1. Blend blueberries and banana. Puree until smooth.
2. Swirl together puree and yogurt with a spoon. Serve immediately.
3. Refrigerate any leftovers for up to 3 days.

Featured Photos in *201 Organic Baby Purees*

(Click on images to enlarge)



About the Author

Tamika L. Gardner began crafting homemade baby food when her first child was born in 2006. She created SimplyBabyFoodRecipes.net to provide resources for moms on a mission to feed their babies the best homemade foods. The blog has been featured on *The Stir*, *ABC News 11*, and reaches millions of readers worldwide.

Users Review

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