



Around the World in 80 Purees: Easy Recipes for Global Baby Food

Leena Saini

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First foods for little eaters don't have to be bland and boring! Featuring delicious recipes like Mango Saffron Puree (India), Rosewater Vanilla Smoothie (Middle East), Pastina with Parmesan and Nutmeg (Italy), and Pumpkin Millet Porridge (Russia), *Around the World in 80 Purees* shows foodie parents how to bring global cuisine to the high chair with little effort and no fuss. Studies show that babies who are exposed to a variety of tastes grow up to be more adventurous (and less fussy!) eaters as kids. This easy-to-follow book is the perfect resource for parents of babies and toddlers aged 6–18 months who want to broaden their baby's palate.

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