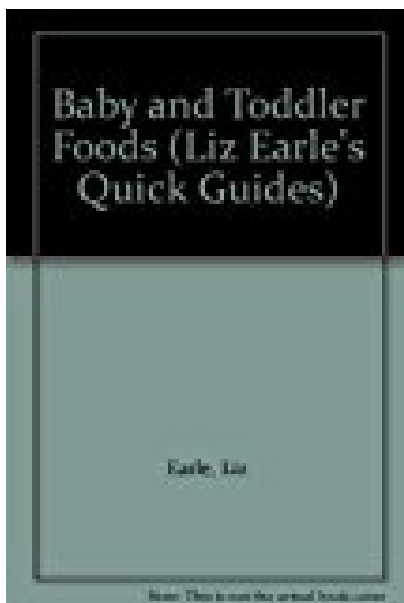


# Baby and Toddler Foods Liz Earles Quick Guides

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## BOOK DETAILS

- Author : Liz Earle
- Pages : 80 Pages
- Publisher : Boxtree Ltd
- Language : English
- ISBN : 1852835443



## BOOK SYNOPSIS

Liz Earle provides delicious recipes and all of the information on weaning, nutrition and allergies that you need to give your baby a happy, healthy start in life. A comprehensive guide from bestselling beauty and wellbeing writer Liz Earle, including: - How to prepare well-balanced childrens meals - Advice on weaning and first foods - Menus to suit toddler and family - Time-saving recipes - The latest nutritional guidelines - Information on common childhood allergies

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