



part 1

simple starts for baby

The recipes here are the basic food introductions for babies 5-9 months who are new to solids. These foods will set the stage for creating a broad taste palate for baby to create an adventurous, well-rounded eater.

The goal in this section is not to overwhelm yourself with a lot of time spent preparing baby food to store and freeze away. Rather, plan your family meals and make baby a part of it! If the family dinner will be roast beef, green beans and sweet potatoes, then baby can have forms of this meal blended up a little or pureed. This means less baby-food planning, and more making baby a part of the family table. You will learn how to nourish your baby with nutrient-dense foods like grass-fed liver that have been used for generations, how to prepare yolks from pastured hens for brain-building food, and how to create a love for vegetables right from the earliest of ages.