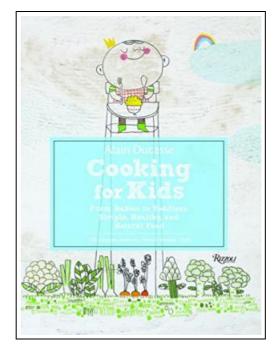
# Alain Ducasse Cooking for Kids: From Babies to Toddlers: Simple, Healthy, and Natural Food (Hardback)



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# Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe.

(Derick Brekke)

# ALAIN DUCASSE COOKING FOR KIDS: FROM BABIES TO TODDLERS: SIMPLE, HEALTHY, AND NATURAL FOOD (HARDBACK)



Rizzoli International Publications, United States, 2017. Hardback. Condition: New. Language: English. Brand New Book. Awakening their taste buds while taking care of their health: that s what we all want to do for our babies. They start to learn about flavour at the age of 6 months when they are introduced to a variety of new food; they have a surprising ability to accept new tastes and this is the time when they will learn good habits that will serve them well in the future. The recipes I present here are adapted to different ages, between 6 months and 3 years, and combine flavours and nutrition - the two essential elements in my opinion. Eating well starts in childhood! -- Alain Ducasse. Alain Ducasse is one of France s best known chefs - well known for his devotion to healthful eating as demonstrated in his critically acclaimed and bestselling spring 2012 book Alain Ducasse Nature. Now, the multi Michelin-starred chef goes back to basics and rediscovers the pleasures of preparing simple, locally sourced, natural food for your baby from 2 months and up. Ducasse presents young parents with the key to introducing children to enjoying healthy food and developing their palates at the same time. He casts aside preconceived notions of baby food to reveal that its essence should be composed of the same essential ingredients used in food for adults - locally sourced, seasonal produce and fresh flavours based on a simplified repertoire of French and Mediterranean recipes without the additives and preservatives found in commercial baby food. Charts, sidebars and asides containing useful snippets of Ducasse s experience and nutritionist Paule Neyrat s advice are peppered throughout the charmingly illustrated recipes making for a book that is both useful and beautiful.



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