



Bébé Gourmet: 100 French-Inspired Baby Food Recipes For Raising an Adventurous Eater

Jenny Carencio

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Move over mushy carrots and peas: The French teach their children to appreciate new flavors, ingredients, and textures from the first spoonful. No one knows this better than Jenny Carencó, mother of two and founder of leading French baby food brand Les Menus Bébé.

In *Bébé Gourmet*, Jenny shares her popular recipes from Carrot and Cumin Purée to Baby Beef Bourguignon, along with cooking tips and organizational tricks to help you awaken your baby's taste buds and encourage healthy eating habits. Recipes for lunches, dinners, and snacks are organized by the major stages of development: 4 months, 6 months, 9 months, 12 months and up.

Bébé Gourmet features:

- Dishes inspired by culinary traditions from France and other international cuisines
- Nutritional guidance at each stage from Dr. Jean Lalau Keraly, Pediatric Nutritionist and Endocrinologist
- Quick and easy recipes that take under 30 minutes to prepare (many under 15!)
- “Yummy Tips” on adapting recipes for the whole family.

By preparing satisfying, homemade meals, gradually introducing natural ingredients and seasonings, and passing on the pleasures of eating, you'll be taking the first steps in raising an adventurous eater for life!



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