

Baby Led Weaning Recetas para todos: Recetas BLW Aptas para menores de 1 año (Spanish Edition)

By Maria Ortega

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Esta publicación recoge una selección de recetas del día a día para padres que se embarcan en el mundo de la alimentación complementaria y desean hacerlo a través de la alimentación autorregulada por el bebé o Baby Led Weaning (BLW). Son recetas sencillas explicadas paso a paso, aptas para toda la familia, ya que con Baby Led Weaning (BLW) no es necesario hacer dos comidas y todos comemos lo mismo.

Nace de la experiencia de una mamá primeriza, que siempre ha seguido la ley del mínimo esfuerzo y cuando nació su hija, decidió junto a su pareja, que lo de estar preparando potitos no iba con ellos y querían que su peque aprendiera a comer y, sobre todo, disfrutara de la experiencia y de los ratos de las comidas en familia. En este libro encontraréis recetas explicadas paso a paso con las que conquistaréis los 5 sentidos de vuestros hijos, vuestra pareja y familiares, incluye recetas aptas para intolerantes a la lactosa y el huevo.

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