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Lire des ebooks 100 recettes pour bébé et toute la famille Christelle Courrege & Céline de Souza PDF, ePub, mobi, La grande étape de la diversification alimentaire est arrivée !

Mais quels repas préparer à son bébé pour lui assurer au quotidien une alimentation variée et équilibrée ?

Avec Je cuisine pour mon bébé et toute ma famille, simplifiez l'organisation des repas

et cuisinez chaque jour avec les mêmes ingrédients pour tous. Pour chacune des 100 recettes familiales, découvrez 4 déclinaisons adaptées à bébé en fonction de son âge : aliments à introduire, quantités à donner et texture (lisse, extra-lisse, moulinée ou en morceaux).

Toutes les recettes et conseils nutritionnels respectent les recommandations en matière d'alimentation infantile.

Avec la participation du Dr Laurence Plumey, médecin

nutritionniste.

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