



Come bebé (Spanish Edition)

Graciela Bajraj

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Cuando vives la increíble experiencia de tener un bebé una de las principales preocupaciones es que crezca sano y fuerte. Será a partir de los 4 meses, más o menos, cuando empieces a introducir nuevos alimentos a su dieta.

Para afrontar este proceso con confianza y seguridad Graciela Bajraj, autora experta en libros de cocina para niños, te propone en *Come bebé* sabios consejos y deliciosas recetas para alimentar a tu bebé desde los 4 meses hasta los 2 años.

Para facilitarte las cosas, el libro está dividido en capítulos que indican las diferentes etapas de crecimiento coincidiendo con la introducción de nuevos alimentos: de 4 a 6 meses, de 6 a 9 meses, de 10 a 12 meses y de 1 a 2 años. También hay un simpático apartado con recetas especiales para celebrar el primer cumpleaños, otro (supervisado por un médico especialista) para cuando el bebé está enfermito y otro para bebés celíacos.

Este recetario será tu gran aliado para darle a tu bebé una alimentación sana y variada.

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