



Start Fresh: Your Child's Jump Start to Lifelong Healthy Eating

Tyler Florence

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Chef Tyler Florence believes that everybody deserves to eat delicious, flavorful food prepared with care and the freshest ingredients ?and that goes for babies, too. In *Start Fresh*, he takes the expertise he has used to create his own line of organic baby food and presents quick, user-friendly recipes for 60 purees packed with simple, easy-to-digest fruits, vegetables, and grains straight from the earth?nothing fake or processed allowed.

A practical, charming little package from a caring dad and exceptional chef that thousands have come to trust , this book will give parents the tools they need to prepare nutritious food their babies will love to eat?for a truly fresh and healthy start.

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