



# Breifrei von Anfang an: Beikost neu entdecken (German Edition)

*Karolina Marques Pereira*

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**Breifrei von Anfang an: Beikost neu entdecken (German Edition)** Karolina Marques Pereira  
Nahrungsmittel sind bunt, haben unterschiedliche Konsistenzen und schmecken ganz verschieden! Und Essen macht Spaß!

Dass Babys nicht mit Brei an das Essen herangeführt werden müssen, ist nichts Neues und auch leicht zu verstehen. Die breifreie Beikosteinführung gibt Babys die Möglichkeit, selbstbestimmt und selbstständig die vielfältige Welt der Nahrungsmittel und Geschmäcker zu erkunden.

Das Buch beantwortet viele Fragen, wie:

Welche Lebensmittel kann ich meinem Baby bedenkenlos geben?

Was kann ich unterwegs anbieten?

Was kann ich kochen, das meiner gesamten Familie schmeckt?

"Breifrei von Anfang an - Beikost neu entdecken" stellt nicht nur die Idee der breifreien Beikosteinführung vor, sondern bietet darüber hinaus viele einfache, schnell zubereitete und schmackhafte Rezepte für Gerichte, Snacks und Fingerfood für die ganze Familie.

Dieses Buch begleitet Eltern auf dem Weg der breifreien Ernährung und begeistert mit Ideen und Tipps für die Umsetzung.

Von vollwert bis vegan: 138 Rezeptideen für die ganze Familie

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