



Mila's Meals: The Beginning & The Basics

By Catherine Barnhoorn

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Mila's Meals: The Beginning & The Basics By Catherine Barnhoorn

Awards

*2017 Gourmand World Cookbook Awards - Winner - Self-Published Category

*2016 London Book Festival - Runner Up - Cookbook Category

Mila's Meals: The Beginning & The Basics is a 500-page collection of over 100 gluten-free, sugar-free and dairy-free wholefood recipes and food ideas for baby's first years (and the rest of the family too).

Part cookbook, part nutrition encyclopedia, part journal of the author's journey into motherhood, *Mila's Meals* is a call to action for every parent to be conscious of what they are feeding their little ones, providing a guideline on how to achieve this as effectively, effortlessly and joyfully as possible.

Having healed herself from various autoimmune conditions through diet and organic, holistic living and having to raise a child with food intolerances, Catherine set to work educating herself and getting creative in the kitchen. Now an Integrative Nutrition Health Coach, her passion to empower parents to make informed decisions with regards to how they nourish their children (and themselves) is captivated in this honest, soulful, wholesome book.

If you are a new Mama or know anyone who is; if your child has food allergies or intolerance's; if you plan to raise your children on a 'free from' diet or if you would simply like to nutritionally educate yourself then this is the book for you.

Color photos for every recipe and a wealth of information including:

The Why

- * The truth behind common infant food fallacies
- * The why, what and how to begin your little one's life-long relationship with food.
- * An expose of what is really in that convenient, ready-made food and the affect it has on your child physically, mentally and emotionally.
- * The importance and maintenance of gut health.
- * Why not gluten, dairy and sugar.

The What

- * Essential nutrients, the role they play, and where to find them.
- * A detailed glossary for every ingredient used in the book.

The How

- * Over 100 (mostly) uncomplicated recipes made with easy-to-find ingredients.
- * A re-introduction of essential traditional foods & food preparation techniques (like sauerkraut, slow-cooked bone broths as well as how and why to soak grains).
- * 'Do-able' meals for working parents - all the food can be made in bulk and frozen.

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Editorial Review

Review

"At last, a wonderfully creative and thoroughly well researched work of immensely helpful and beneficial guidance, for us as parents!

In today's information age nutritional concepts can be all too confusing, especially when the information is focused on 'what' to eat, rather than exploring and understanding the 'why'.

This book introduces important and comprehensible 'why's' of applying food as your medicine, while at the same time, offering truly sumptuous and easy to follow recipes."

- *Dr. Jon Morley (MBChB)*

"This well-researched and masterfully created book is a true gift to aware parents who want to give their children the best start to life."

- *Dr Hanna Grotepass (MBChB), Homeopath, Synchronization Harmonics Practitioner*

"Catherine has managed to fit a veritable encyclopedia worth of knowledge and wisdom into this beautiful book.

As a mother, I will value this resource for referring to time and again when preparing food for my family. I will turn to it when deciding on the best choices, in terms of personal and environmental health, while shopping and preparing delicious, healthy meals for my loved ones." - *Esme Morley (a Mom)*

"This massive book is a mother-daughter team work. It shares much nutrition information and tips, plus one hundred recipes. The photography is delightful. This is an excellent book."

Edouard Cointreau, President of the Jury - Gourmand World Cookbook Awards

About the Author

Catherine is Mom to Mila and a Certified Integrative Nutrition Health Coach. Catherine healed herself from various autoimmune conditions through diet and organic, holistic living. She is deeply passionate about empowering parents to make informed decisions with regards to what they feed their children and themselves. Catherine sees her, and her daughter's, food intolerances as a blessing which has led them down a path of learning, discovery and good health - which will hopefully stand them in good stead for years to come.

Users Review

From reader reviews:

William Reeves:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Mila's Meals: The Beginning & The Basics. Try to face the book Mila's Meals: The Beginning & The Basics as your close friend. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than before. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know anything by the book. So , we should make new experience as well as knowledge with this book.

Karen Jude:

The experience that you get from Mila's Meals: The Beginning & The Basics may be the more deep you digging the information that hide into the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but Mila's Meals: The Beginning & The Basics giving you thrill feeling of reading. The article writer conveys their point in particular way that can be understood by means of anyone who read the item because the author of this reserve is well-known enough. This kind of book also makes your vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this specific Mila's Meals: The Beginning & The Basics instantly.

Peter Gomez:

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Gary Ritchie:

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