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## *In the news*

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### **Product Reviews**

#### **Fresh Baby Natural Food Kit**

[www.myfreshbaby.com](http://www.myfreshbaby.com)

Review by Erin Pavlina

The Fresh Start Kit from Fresh Baby is just the thing I've been looking for. When my daughter, Emily, was ready for solids I had this great plan to make fresh baby food for her and store it in the freezer. Well, that didn't exactly happen. Most of the time she got jarred organic baby food (please don't throw tomatoes at me). At 50 cents or more per jar, and with her appetite, well, let's just say we were spending a small fortune each week on the convenience of jarred baby food.

Today I'm pregnant with baby number two. I really want to make fresh baby food for him and store it in the freezer. How hard can it be right? So along comes this Fresh Start Kit, which makes it easy to prepare "healthy, all natural baby food at home in less than 30 minutes per week." That all sounds great to me! But I really wanted to try it out for myself.

The kit comes with an instructional video, so I watched that first. I love this video. Boy do they make it look easy. Next came the real test, could I do it myself? I decided to try two of their recipes: applesauce and sweet potatoes.

I washed, peeled and sliced the apples, microwaved them, and ran them through the food processor until they were the right consistency. I spread the mixture into the two freezer trays the kit provides, and stuck them in the freezer. The whole process took about 8 minutes, and the next day I had 24 one ounce servings of pureed apples!

I repeated the process using the sweet potato recipe and got equally amazing results. It really wasn't hard. I've gained a lot of confidence and I know I can make a ton of food for my baby in very little time.

The kit also comes with a cookbook that contains recipes for babies just starting solids and all the way up to 12 months. You'll also get a card with nutritional info, ideas and tips, and safety advice.

The bottom line on this kit is that it makes food preparation easy and healthy. You'll save time and you'll definitely save money over those expensive organic jars of food. I can't wait to feed my baby homemade, healthy foods.

*Erin Pavlina is the Editor of [VegFamily](#), the Magazine for Vegan Family Living. She is the author of [Raising Vegan Children in a Non-Vegan World](#), and her articles have appeared in numerous magazines. She lives in Los Angeles with her vegan husband, Steve, and lifelong vegan daughter, Emily.*

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