



Bubba Yum Yum The Paleo Way: For new Mums Babies and Toddlers

Mrs Charlotte Carr, Mr Pete Evans, Ms Helen Padarin

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Bubba Yum Yum The Paleo Way is filled with extensive information on leading a healthier, wholefood-based lifestyle including explanations on why we need more healthy fats in our diet, where to source the best local produce, how to make your own natural remedies and how to nourish your body during pregnancy. All recipes in the book are dairy and gluten free and devoid of refined sugar, grains and legumes. They instead endeavour to include ingredients that are organic, unprocessed and sustainably produced. A few favourites include: Breastfeeding tea, Sore throat squashies, Bananacado mousse, Creamy coconut smoothies, Pebbles & Bam Bam super scram, Oodles of zoodles with dinosaur sauce and Rose and watermelon popsicles! Bubba Yum Yum The Paleo Way is a book created and filled with love from Pete, Charlotte and Helen's family to yours. They have developed each and every recipe, tip and piece of advice with the intent of creating a healthier and happier world beginning with introducing our children to nourishing wholefoods to ensure they thrive throughout their early lives and, with the right education, beyond. Charlotte Carr is the author of Bubba Yum Yum a beautiful baby and nutrition website. She is a holistic health coach, a health and lifestyle educator, blogger and actress. Her journey began with the birth of her son Willow who was born with severe gut, immunity and sensory processing issues. Helen Padarin is a naturopath, nutritionist and herbal practitioner. She collaborates with Pete Evans on his The Paleo Way program and is an ambassador for the MINDD Foundation. Pete Evans is an award-winning chef, restaurateur, father, TV presenter and health coach. He is passionate about healthy cooking and dedicated to improving people's lives through nutritional food and wellness.

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