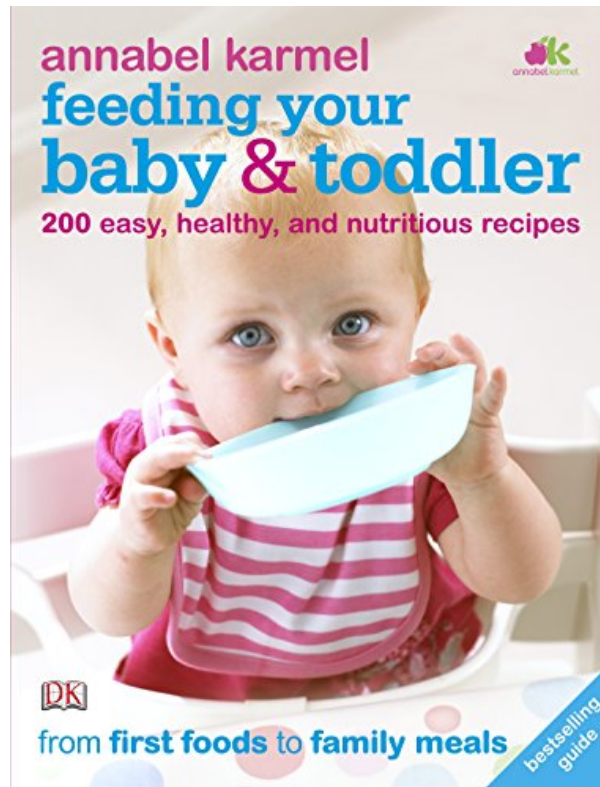
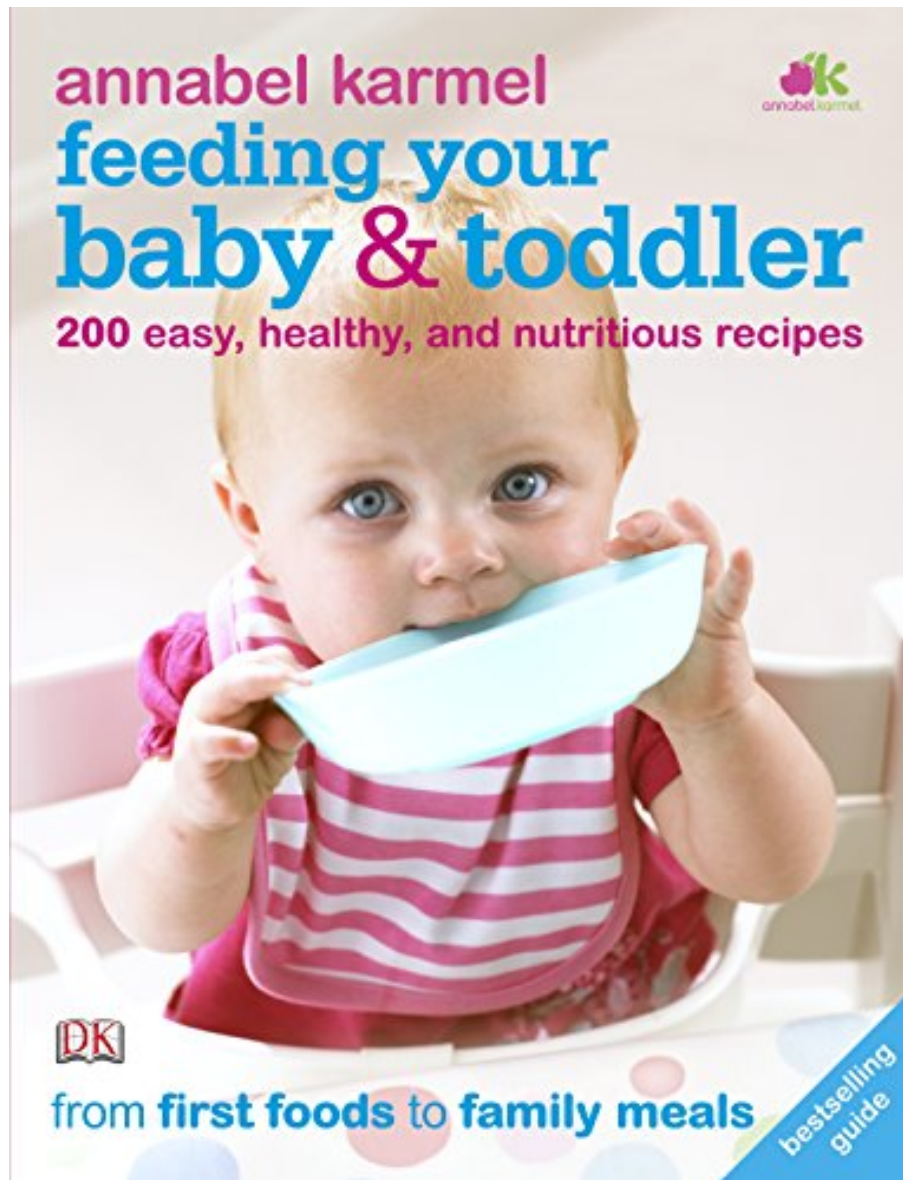


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Annabel Karmel MBE is a bestselling author and respected authority on child nutrition and cookery who has written multiple bestselling books. She writes for magazines and newspapers including The Times, Sunday Mirror and Daily Mail and appears regularly on radio and television. In 2009 Annabel won the Mother & Baby Lifetime Achievement Award. Annabel's 'Make Your Own' cooking equipment range is sold in Boots and M&S and her award winning 'Eat Fussy' ready meals are available in Sainsbury's and Ocado. She is teaching cookery at Haven Holidays, her TV online channel launched in 2008 and she has kid's restaurant menus in Thorpe Park, Chessington and Legoland. Annabel lives in London.

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FEEDING YOUR BABY AND TODDLER BY ANNABEL KARMEL PDF

Mum's favorite, this is Annabel Karmel's best-selling guide to feeding your baby and toddler. The link between the food children eat and their health is widely recognized today. Armed with this easy-to-use cookbook, discover how to prepare enticing food to give your child the best start in life. Mother of three and Cordon Bleu chef Annabel Karmel shares her favorite quick, simple and tempting meals covering every age range, from birth onwards. Cook up over 200 delicious recipes, from healthy breakfasts and tempting food for fussy eaters, to lunchbox ideas and meals for the whole family to share.

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Most helpful customer reviews

7 of 9 people found the following review helpful.

good recipes

By A Customer

I was given this book as a gift and I have been very happy with it. I have tried several recipes and they are all delicious- and, most importantly, my baby loves the dishes, too. There are beautiful color photos and a good text about nutrition and development. It is organized by age, starting with 4-6 months, 6-9 months, 9-12, 12-18, etc. It is full of good ideas, though some of them are very impractical, but all that I've tried are delicious. My baby, now 10 months old, gobbles it up. I've made cheesy pasta stars, chicken couscous, broccoli chicken with cheese sauce, lentil and vegetable puree, and others. It helped me get ideas about what I can feed my baby and I've made variations on the recipes. It is expensive, so see if your library has it first. I'm glad that I got it as a gift.

0 of 0 people found the following review helpful.

great receipes

By Sharon Laird

Great tried and workable, enjoyable meals for baby, toddlers and parents

Easy, healthy ingredients, makes you feel good about deeding your kids

1 of 2 people found the following review helpful.

Not so pleased with taste

By olibeep

I bought this book when my daughter started eating solids (and now she's 19 months) and I can say that she doesn't like none of the recipes in there (or maybe a couple). I can say she's not a picky eater and she really likes vegetables, like broccoli, cauliflower etc. but it seems not to enjoy these recipes. And since most of them are a bit complicated and you need to have a lot of ingredients in hand and use a lot of pans to prepare a baby meal, it is really frustrating not to have the result you desire!

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