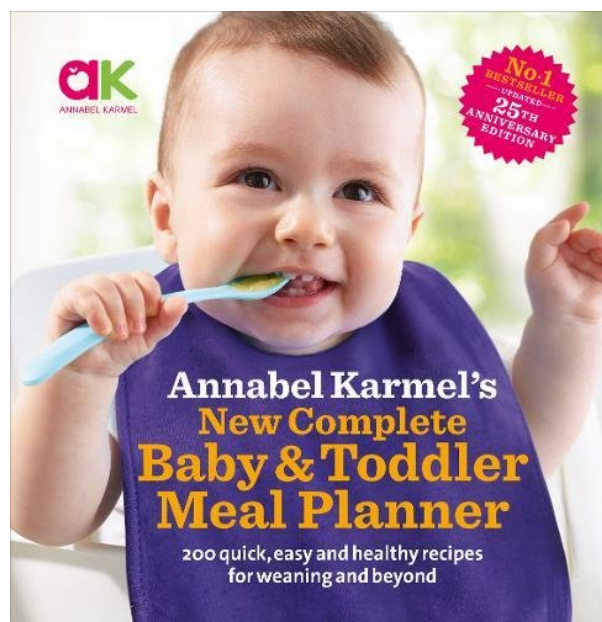
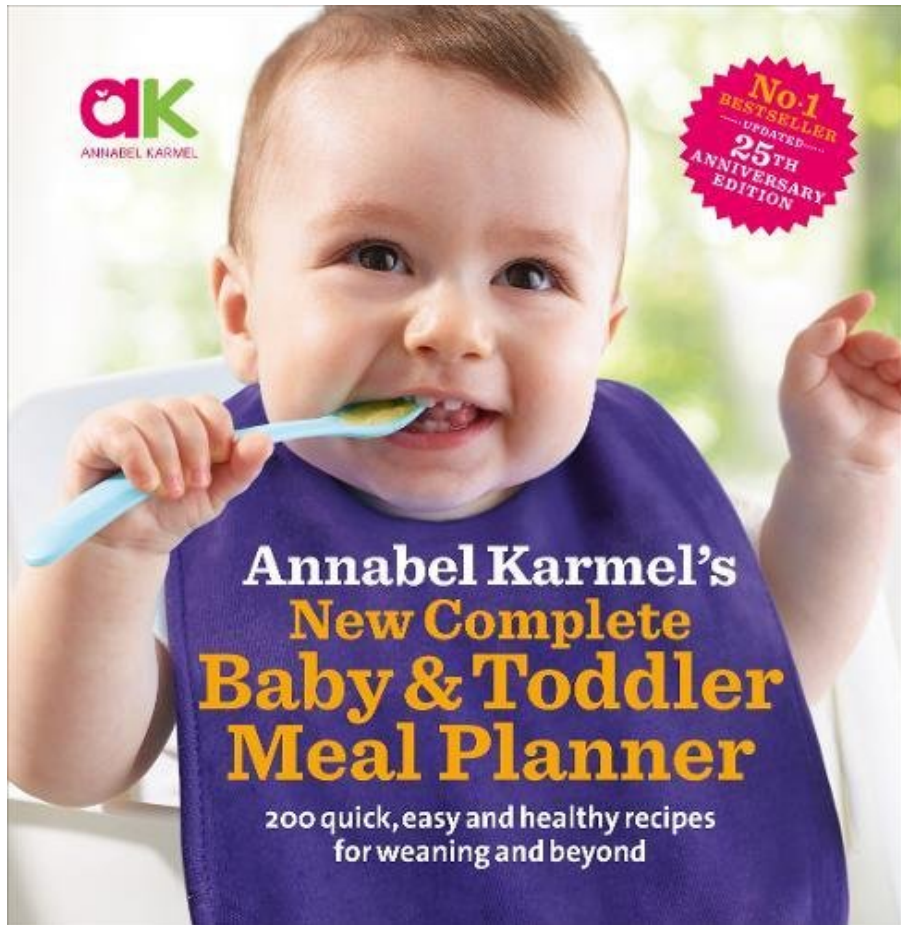


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## **About the Author**

Annabel Karmel, a busy working mother of three, has written 20 bestselling books, including the **New Complete Baby and Toddler Meal Planner**. She is a celebrity chef on BBCi, the BBC website, has contributed to the Mothercare.com site, and has her own website, [www.annabelkarmel.com](http://www.annabelkarmel.com). She also writes regularly for newspapers and magazines, including *The Times*, *Mail* and *Sunday Mirror*, as well as *Practical Parenting* and *Mother and Baby*, and appears frequently on radio and TV as the UK's expert on children's nutritional issues. Annabel's 'Make Your Own' range of equipment and foods, as well as her own 'Eat Fussy' chilled ready meals, are available in all major supermarkets.

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Since it was published in 1991, Annabel Karmel's essential guide to feeding babies and young children has become a word-of-mouth classic. For 15 years this book has remained the number-one bestselling book on food for children and it is consistently in the Top 20 Hardback non-fiction titles in the UK - an amazing achievement. Now for the very first time there is a brand-new, illustrated edition of the New Complete Baby and Toddler Meal Planner. Annabel has brought her collection of mouthwatering recipes up to date, with new dishes, handy advice and tips and stunning colour photographs. She makes it easy for mums to give their child the best start in life with fresh home-cooked food. Plus Annabel offers time-saving menu charts to help you shop and plan ahead, and takes you effortlessly through each stage of feeding your baby and toddler, all based on her experiences as a busy mother of three. Give this classic bestselling cookbook as a special gift to a friend, or enjoy using it in your own kitchen and your baby is guaranteed the very best start in life.

- Sales Rank: #555079 in Books
- Published on: 2008-01-01
- Original language: English
- Number of items: 1
- Dimensions: .80" h x 7.60" w x 7.60" l, 1.41 pounds
- Binding: Hardcover
- 240 pages

## About the Author

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1 of 1 people found the following review helpful.

Pleased as punch

By LLF

I couldn't be more pleased with this purchase. After he turned one my son became very picky about what he ate. It was a very stressful time for my husband and myself and, after we landed in the rut of giving him the food he liked long enough for him to get tired of it, I decided to do something about his eating habits ...

hence this purchase. The first meal I made was the animal pasta with salmon and broccoli. My son had never before been interested in eating salmon if it wasn't mashed to a pulp, and I remember telling myself that there was no way he was going to even look sideways at the broccoli. Imagine my surprise when, after a few seconds of staring at his plate suspiciously, he started gobbling up everything I put in front of him. Since that day I have tried a lot of the recipes and, apart from one or two (where I might not have followed the instructions sufficiently closely), I have not had any trouble getting him to empty his plate. Many times he even nags for a second portion. I don't know what the author does to make the veggies and fish so appealing to kids, but it has certainly won over my picky little eater.

1 of 1 people found the following review helpful.

It's ok, but not all the recipes baby loved

By Lee

Maybe it was just my baby but I found that a lot of the recipes didn't taste nice even for me! I made the macaroni and cheese and my baby gagged from it. I also didn't love it! I think it's just easier to give your baby whatever you are eating as long as healthy. Might give some ideas to more simple recipes.

0 of 0 people found the following review helpful.

Five Stars

By Amazon Customer

Its the best book i've ever had.

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