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# Annabel Karmel's New Complete Baby & Toddler Meal Planner



## Synopsis

Since it was published in 1991, Annabel Karmel's essential guide to feeding babies and young children has become established as a classic. Word-of mouth recommendation, a thumbs up from the babies themselves and terrific reviews have ensured that it has remained the number one bestselling book on food for children ever since. In this edition, Annabel has brought her collection of mouthwatering recipes completely up to date, and included over twenty new dishes. Plus she offers time-saving tips and reassuring menu charts to help you shop and plan ahead, all based on her experiences as a busy mother of three. Keep this book in your kitchen and your baby is guaranteed the very best start in life.

## Book Information

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## Customer Reviews

I saw this book at a friend's house, who just moved back from the U.K. and bought this book there. We both have daughters who are the same age, and spend a lot of time at each others house. After eating several meals together with the kids, I decided that their food tasted much better than the things I cooked. The first time I made a recipe from the book, my husband came home and was all excited, smelling the flavours before he even entered the house, hoping this would be our dinner. Sadly, not only I had to tell him that I was cooking for our 1 year old daughter, but in addition fight him off tasting the food. My daughter is now 2 years 3 month old and I am still using recipes on a regular basis from this book to cook dinner for the whole family. I highly recommend, especially for first time moms, who wonder what to make for their child besides steamed carrots and broccoli. Very healthy recipes that taste AWESOME!!!!

I bought this book along with Lorraine Kelly's paperback as I hadn't a clue what to feed our baby let alone how! I really wanted our baby to eat fresh healthy foods so that when she could eat the same as her parents we wouldn't have a battle on our hands. Between the two books this one is my favourite. The book is well laid out with clear and easy to follow guidelines and recipes. Yes, it takes a while to get the cooking done but it saves a lot of money and time in the end (compared to processed foods). The recipes are tasty and surprisingly different - apple in mini burgers (which I thought she'd hate - but loved) and clever presentations that make meal times less of a battle. The end of the book includes recipes that all the family can eat. Annabel doesn't promise your baby will always eat but she does guide you along with her years of experience as a Mother and a cook. A real life saver for us. You won't be disappointed.

This book provides great guidelines for preparing and storing baby food. I also like photos in my cookbooks and this book has plenty of them. I can't wait until my daughter gets old enough so that we can try the toddler recipes. Just take note that Karmel is a British author so some of the foods she suggests for babies may differ from what American pediatricians recommend.

This book would have been so great to have from the beginning, but my son is a bit old for the recipes in it. I would highly recommend it for someone just starting solids. There are so many tasty varieties to try.

I first bought this book in 1992 when I was beginning to wean my daughter. When I moved to the U.S. in 2000 I was devastated to discover it had gone missing in the move. I had a 4 month old son, how was I going to feed him without Annabel. Thanks to my mother in law and the postal service we got a replacement and sailed through weaning. I'm afraid it is now dog eared and stained, but it's the only cookbook I own that has really been worth every penny. I have memorised most of the recipe's and we have our favourites, which are probably made at least once a month. Mango Chicken, Savoury Veal Casserole, Mini Shepherd's Pie (try it with Minced Lamb), Salmon with Chive Sauce, Mushroom Pasta Sauce, Easy One Pot Chicken. The list is huge and they are all delicious. It's difficult to buy a cookbook not knowing how easy the recipes are or how obtainable the ingredients. Especially if it's for children. Don't worry, you will not be disappointed.

Loved this book. As my baby started solids, although I did my research online I wanted more meal

ideas and recipes of how to prepare the food according to age. I love that this is more than just a recipe book but she explains each weaning stage and the benefit of introducing specific foods as they get older. She also has meal planners which I don't always follow but is good to use as a guide to what my baby should be saying and when.

3 children all started eating these recipes as babies... now they are all big kids! We loved this book! It will be packed away with the "babys firsts". This is the best way to feed your child. Real food, with real taste, right from the start. The only problem was potential allergy issues.

When I look for a recipe book, I look for quick, simple and easy to freeze. There are a few recipes that are quick and easy. Most of the recipes require many ingredients, or take more time than I prefer to spend. If you like to be creative and create food artwork pieces then this is the book for you!

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