

Top 100 Baby Purees

By Annabel Karmel

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Top 100 Baby Purees By Annabel Karmel

Babies grow more rapidly in their first year than at any other time in their lives, so how you feed your newborn will be one of the most important decisions you make for your new baby.

Making your own baby food is not only more economical than buying commercial brands, it also assures that your child consumes only the freshest, top-quality ingredients. British television personality and children's nutrition expert Annabel Karmel's essential collection of best-ever purees grants new parents their wish: one hundred quick and easy recipes that will make for a healthy and happy baby. From first tastes and weaning, right through to meals for older babies, all the recipes are suitable for children aged six months and older. And with all these fruit and vegetable favorites, and innovative fish, meat, and chicken purees, the dishes are so tasty you will want to eat them yourself!

In addition to easy and delicious recipes, *Top 100 Baby Purees* also includes information on:

Weaning your baby and transitioning to solid foods

Food allergies

Time-saving food preparation tips

Freezing and reheating your homemade baby food

Tricks on finding the hidden nutrition in everyday foods

Featuring a preface by Dr. Michel Cohen, New York pediatrician and author of *The New Basics: A-to-Z Baby & Child Care for the Modern Parent*

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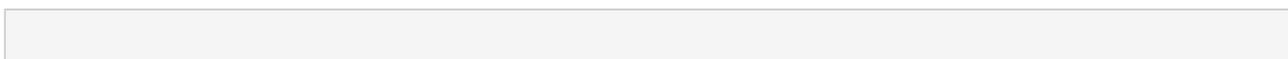
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Top 100 Baby Purees By Annabel Karmel Bibliography

- Sales Rank: #14969 in Books
- Brand: Pocket Books
- Published on: 2006-03-21
- Released on: 2006-03-21
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x .70" w x 7.50" l, .90 pounds
- Binding: Hardcover
- 128 pages



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Editorial Review

Review

"Healthy and imaginative, with easy, attractive recipes...also very practical" The Telegraph "One of the best food books from the baby food guru with recipes for first purees through to more adventurous ones. Set to become the bible." Angels and Urchins "Annabel is truly amongst the best when it comes to creating tempting and nutritious children's food that would entice even the fussiest of eaters" Great Ormond Street Hospital "The children's food guru" Daily Express "Full of great recipes and easy feeding plans." Mother and Baby

About the Author

Annabel Karmel is the mother of three children and the UK's leading expert on feeding children. She works with leading US parenting websites such as Parents.com and has appeared on many TV shows, including the *Today* show and *The View*. Check out her popular app, *Annabel's Essential Guide to Feeding Your Baby & Toddler*, and visit her website, AnnabelKarmel.com, to learn more.

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