



SuperFoods

By Annabel Karmel

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SuperFoods By Annabel Karmel

Now in paperback from bestselling author Annabel Karmel, a comprehensive guide for parents on how to pick and prepare the healthiest and tastiest foods for their children.

Boost your baby's health with Annabel Karmel's delicious recipes and creative advice for feeding your child in the first five years.

All parents want the best for their children, but choosing the freshest foods and preparing them in the most beneficial and appealing ways is not always easy. As a mother of three and author of more than twenty books on healthy food for children, Annabel Karmel knows better than anyone not only what children *should* eat but what children *will* eat.

SuperFoods is both a cookbook and a reference manual that helps parents recognize the nutritional value in even the simplest foods. In addition to a variety of tempting recipes and invaluable advice, *SuperFoods* includes:

- More than 130 easy recipes suitable for children of all ages—from the best first foods to balanced family meals.
- Menu charts to help you plan ahead—most recipes are suitable for freezing.
- Information on how to avoid food allergies and common childhood complaints such as colic, constipation, and eczema.
- Suggestions for healthy convenience foods to keep in the pantry.
- Tasty recipes that harness the power of SuperFoods to promote growth and energy and boost immunity and brain power.

And much, much more!

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Editorial Review

From Publishers Weekly

British bestseller Karmel (*The Complete Baby and Toddler Meal Planner*) has made a name for herself cooking meals for kids that any devoted parent could admire, packing each breakfast, lunch and dinner with healthy, nicely presented, delicious foods. Now she and nutritionist Sacher make baby and child fare even healthier by adding more of the brightly colored, antioxidant-rich, disease-fighting fruits and vegetables they call superfoods to every recipe. Broccoli, tomatoes, blueberries and carrots (among many others) find their way into tempting purees for little ones and into dishes like Tiny Pasta with Gruyère, Spinach and Sweetcorn for older children (the book is divided into sections by age group). Karmel grates vegetables into spaghetti sauce for Baby's Bolognese and apples into Finger-Picking Chicken Balls; she whirls several fruits at a time into smoothies and ice pops; and provides good ideas for age-appropriate snacks. She clearly explains nutritional information in the introduction and in sidebars on every page, and includes menu planners for each stage. Karmel's tone throughout is positive and, in urging kids to try new tastes, adventurous. And though some of the recipes require more than a dozen ingredients, most are worth it. (June 6)

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Review

"A modern-day bible of healthy eating for children" Family Circle "Annabel is truly amongst the best when it comes to creating tempting and nutritious food that would entice even the fussiest of eaters" Great Ormond St Hospital "I used a book by Annabel Karmel. She's a miracle woman" -- Jools Oliver

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.

Users Review

From reader reviews:

Errol Garvin:

Now a day individuals who Living in the era everywhere everything reachable by connect with the internet and the resources included can be true or not require people to be aware of each data they get. How individuals to be smart in getting any information nowadays? Of course the correct answer is reading a book. Studying a book can help persons out of this uncertainty Information mainly this SuperFoods book because this book offers you rich data and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you may already know.

Vincent Johnson:

A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you

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Carey Gilliam:

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