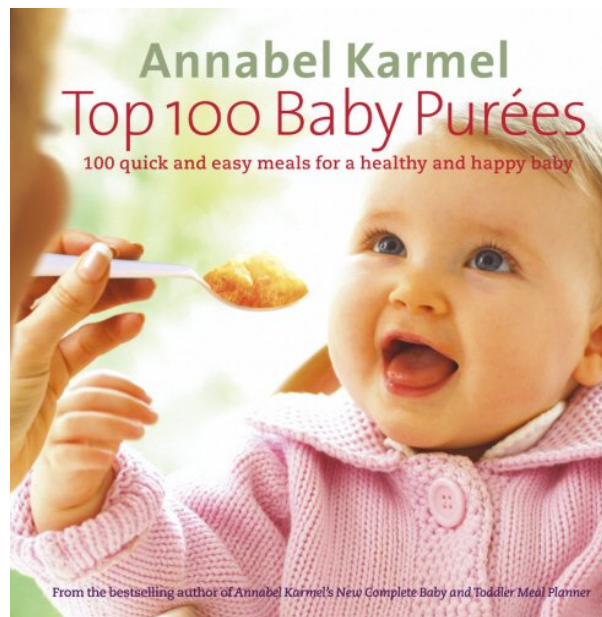
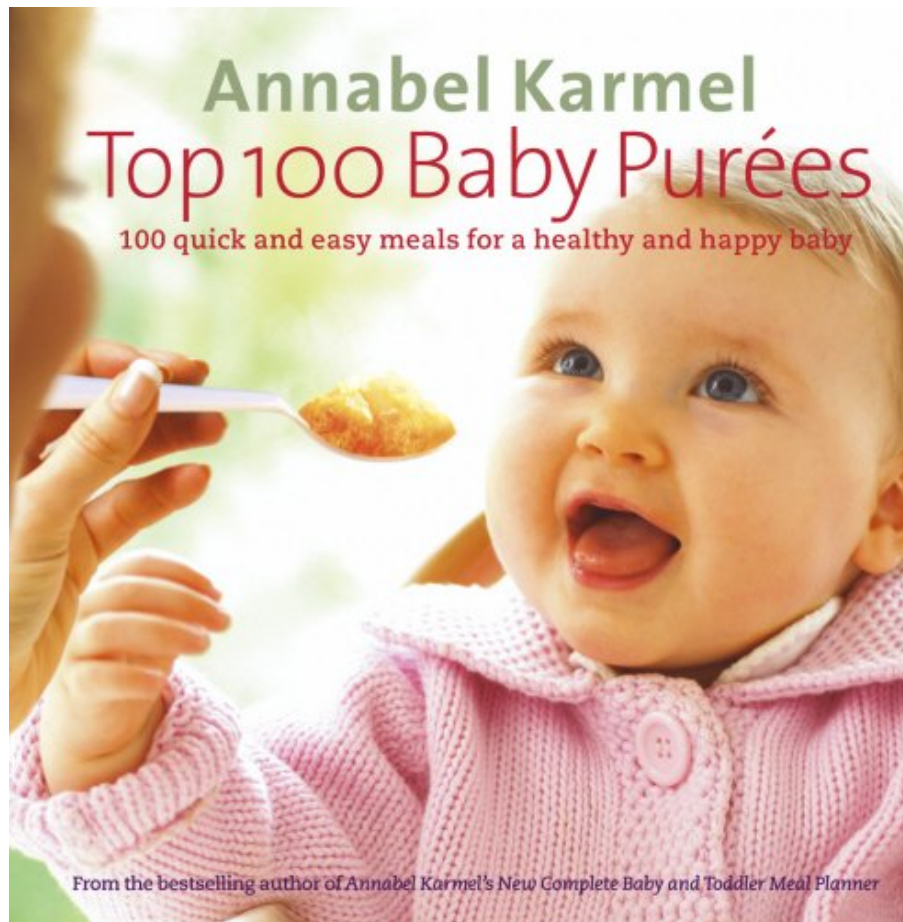


TOP 100 BABY PUREES: 100 QUICK AND EASY MEALS FOR A HEALTHY AND HAPPY BABY BY ANNABEL KARMEL



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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, 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. 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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TOP 100 BABY PUREES: 100 QUICK AND EASY MEALS FOR A HEALTHY AND HAPPY BABY BY ANNABEL KARMEL PDF

Making your own baby food is not only more economical than buying commercial brands - you can be sure that your baby has only the best-quality ingredients. This essential collection of Annabel's best ever purees features 100 quick and easy recipes that will make for a healthy and happy baby. From sweet and smooth apple, apricot, pear and vanilla, through savoury purees such as sweet potato with spinach and peas, to the autumnal delights of peach, pear and blueberry, all the recipes are suitable for babies aged 6 months and above, and are so tasty you will want to eat them yourself!

- Sales Rank: #2435237 in Books
- Published on: 2005-09-01
- Original language: English
- Number of items: 1
- Dimensions: 7.68" h x .59" w x 7.76" l, 1.01 pounds
- Binding: Hardcover
- 128 pages

Features

- 100 Quick and Easy Meals
- For a Healthy and Happy Baby

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Most helpful customer reviews

2 of 2 people found the following review helpful.

I never tried my creations (I didn't want my daughter seeing me make a face if I didn't like it). However

By BlueLava

So I stuck with the more basic recipes in this but still found this immensely helpful. I knew nothing about "stewing" fruit, and I had no idea that you could puree meat in a blender. This book includes tips on how to peel, mash and/or cook fruits, what you can introduce at what age, what items freeze well, and a little bit on nutritional contents. It gives you ideas on what foods make a tasty combo in the blender. I never tried my creations (I didn't want my daughter seeing me make a face if I didn't like it). However, my daughter liked every single creation I made from the book. Using this recipe book gave me confidence with trying some of my own concoctions and helped me stay on track with exposing my youngster to a variety of foods early on. There is an index in the back-- one of my favorite features. I used this the most during the 6 to 10 month phase. I also recommend having two of Annabel Karmel's silicone baby food freezer trays-- or something similar. I froze food in the trays and then popped the cubes of frozen food into quart-size or gallon-size ziplock bags and labeled and dated them. I own a blender, nothing fancy, and that worked fine.

2 of 2 people found the following review helpful.

Top 100 Baby Purees

By Kari

Before purchasing this book I actually checked out several of the top reviewed baby puree recipe books from the library so I could decide which one was the best fit for my needs. I liked this one because the recipes were simple and nicely split by age suitability. Plus the pictures were nice. I give it four stars because it would be nice to have a sample menu by age like I saw in at least one book and I find that since I am making these in bulk and freezing, it's easier to just make say peas and sweet potatoes separately and then giving him one of each (I freeze them in ice-cube tray sized portions) for a meal instead of making a recipe containing peas and sweet potatoes mixed together. That said, I've made several of the recipes and so far my son seems to enjoy them. It's also expanded my horizons. If not for the book I know I wouldn't have made rutabaga that's for sure!

4 of 4 people found the following review helpful.

Can't rave enough!

By MGibson

I bought this cookbook, an immersion blender (hand-held stick blender), and some Fresh Baby Freezer trays Fresh Baby So Easy Baby Food and Breast Milk Trays and have been making baby food since. This book has some AMAZING recipes. There are a couple of misses as well but I'd expect that out of 100. I've been making notes in my cookbook that I thought would help others:

pg 28 Sweet Potato and Broccoli: Always double this recipe to get 2 trays. The potato/broc ratio is perfect!

pg 43 Cinderella's Pumpkin: This is one of the few I wouldn't make again.

pg 51 Chicken with sweet potato and apple: This is a favorite at our house. I absolutely LOVE this recipe and so does my daughter.

pg 54 Banana Peach and Strawberry: This recipe needs to be doubled to get at least 1 freezer tray

pg 58 Easy one-pot chicken: Good, but I only made it once and just made the Chicken with Sweet Potato and Apple (pg 51).

pg 64 Lovely Lentils: YUM! I think I'm going to make an unpureed version of this one for myself

pg 68 Eat your Greens: Fantastic, it tastes like green mashed potatoes. We made this as an adult side dish in lieu of normal mashed potatoes. Would be a great recipe for a toddler who doesn't like their veggies.

pg 71 Vegetables with cheese sauce: wonderful

pg 75 Fillet of fish in an orange sauce: Skip this one. I like fish but this was terrible. We tossed the batch.

pg 95 Blueberry Banana and Apple: This recipe doubled only makes 1.5 tray. The recipe calls for 1 cup blueberries and I've found that a 10oz bag of frozen org blueberries = 2 cups. Great substitute!

pg 106 Pasta with hidden veggies: Yum! Terrific sauce! Would also be good for a toddler who doesn't like veggies

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