



# 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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## SuperFoods By Annabel Karmel Bibliography

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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](http://AnnabelKarmel.com), to learn more.

### Users Review

#### From reader reviews:

#### Michael Floyd:

Here thing why this particular SuperFoods are different and dependable to be yours. First of all examining a book is good nevertheless it depends in the content from it which is the content is as yummy as food or not. SuperFoods giving you information deeper since different ways, you can find any reserve out there but there is no reserve that similar with SuperFoods. It gives you thrill reading journey, its open up your personal eyes about the thing in which happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in playground, café, or even in your approach home by train. Should you be having difficulties in bringing the imprinted book maybe the form of SuperFoods in e-book can be your substitute.

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