



Quick and Easy Weaning

Annabel Karmel

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Weaning your baby can be a tricky milestone for any parent, but with her years of experience and wealth of expertise, Annabel Karmel is on hand to help. In her new book, *Quick and Easy Weaning*, Annabel aims to take the stress out of your baby's transition to solid food, guiding you through the weaning process step-by-step, from your baby's very first puree to introducing more complex flavours and textures. Featuring 100 delicious recipes, including tasty purees such as Baked Sweet Potato and Butternut Squash, first tastes of grown-up foods like My First Beef Bolognese, and nutritious sweet treats like Pear, Apple and Blueberry Crumble, Annabel makes it easy for you to give your child the very best start in life. All Annabel's recipes are developed with busy parents in mind, to be simple and quick to prepare as well as packed full of nutrition, to keep your baby happy and healthy.

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