



First Meals Revised: Fast, healthy, and fun foods to tempt infants and toddlers

Annabel Karmel

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Completely revised, First Meals bursts with dozens of new color photographs and more than 200 recipes to entice even the fussiest baby or toddler. This classic cookbook covers the essentials—from flavorful first purees, winning lunchbox combos and easy-to-make family meals to finger-licking picnic and party noshes—while delighting the eye and providing hardworking information on nutrition, preparation and cooking times, freezing instructions, and tips on how to handle food allergies, additives, and tricky eaters.

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