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Top 100 Finger Foods: 100 Recipes for a Healthy, Happy Child

By Annabel Karmel

Atria Books. Hardcover. Book Condition: New. Hardcover. 160 pages. Following up on her hit bestseller Top 100 Baby Purees, British media star and Today show favorite Annabel Karmel presents Top 100 Finger Foods, a scrumptious guide to creating tasty tidbits that young children can really sink their teeth (or gums!) into. By the age of nine months, many babies are ready and eager to start feeding themselves. Although they might not be able to handle a spoon, children of this age can master the art of eating on their own as long as the food they're served is right-sized! Finger foods are the perfect solution. Featuring quick and easy recipes that are just as nutritious as they are delicious, Top 100 Finger Foods gives busy parents the tools they need to create snacks and meals that will keep kids from going into hungry meltdown mode and that even give their bossy toddlers an all-important sense of power and control. The recipes in this collection include sweet corn pancakes; sticky soy drumsticks; Teriyaki Salmon; muffins made of natural, healthy choices like pineapple, carrot, and coconut; fresh fruit ice pops; and much, much more. Loaded with simple instructions and luscious four-color photography, Top 100...



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Reviews

It is one of the best ebooks. Yes, it is actually engaging, still an interesting and amazing literature. It has been developed in an exceedingly straightforward way in fact it is just following it finished reading through this book by which basically modified me, alter the way I really believe.

-- Mr. Maynard Kessler PhD

The ebook is great and fantastic. We have read and I am also sure that I am going to likely go through once again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Erica Turcotte

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