



## Small Helpings

*Annabel Karmel*

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# Small Helpings

*Annabel Karmel*

## **Small Helpings** Annabel Karmel

A guide to feeding babies and children which moves away from the bland processed foods that so often feature on the menu. The recipes are intended to be enjoyed by the whole family, and range from packed lunches to full-scale meals. There is also coverage of food allergies.

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