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## FUSSY\_EATERS\_RECIPE\_BOOK

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Hi, I'm Ciara! I'm a food writer and cookbook author and I'm always looking for new ways to make food fun and interesting for kids! I specialise in fussy eating and share tips and tricks to get your kids eating better along with lots of family friendly recipes.

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Children's food expert Annabel Karmel is here to help with 135 fast, yummy, and nutritious recipes that will tempt even the fussiest eaters. In The Fussy Eaters' Recipe Book, Annabel shows how to sneak fruits and vegetables into child-friendly recipes to boost their nutritional content.

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Annabel Karmel is here to convert even the fussiest of fussy eaters and make family meals fun again. With 120 healthy recipes covering everything from breakfasts to suppers to parties, Annabel gives tips and advice on improving your children's diet and encouraging new tastes.

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In The Fussy Eaters' Recipe Book, you will find: - Healthy versions of junk food classics - Simple, easy-to-prepare food that the whole family will enjoy - Nutritious snacks to entice even the fussiest eaters - Recipes for gluten-intolerant children - Delicious and nutrient-packed desserts show more

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Ever feel like you're the only parent with a foodie fussy spot and everyone else's child eats like an angel? You're not alone. 90% of children go through a least one lengthy stage of fussy eating.

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The Fussy Eaters' Recipe Book Publisher Ebury Press. Monday to Friday 6am. Presented by Fran Kelly. IN THIS PROGRAM Monday 02 June 2008. 12:00 AM. UN conference on world food crisis. 6:15 AM.

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If you've been lucky enough to parent or spend an extended amount of time with a toddler or two, you'll quickly realize their day revolves around food. While it's easy to stick with a simple mealtime routine of favorites, it's not always the best for their palates in the long-run. I mean, if you were [...]

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