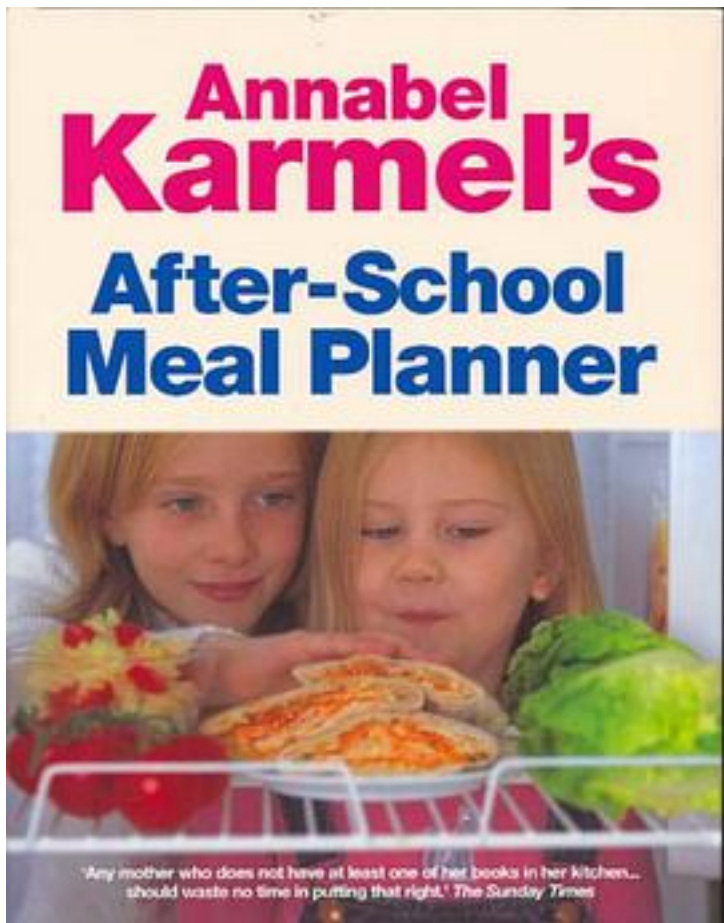


After-School Meal Planner



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Do you want to make healthy, nutritious meals for your kids? Are you in need of inspiration? Do you want recipes that are quick and easy, and can be made in advance? Children's food expert Annabel Karmel is on hand to help, with all the advice and recipes you ever need. How often have you arrived home from work, with no idea

of what to make for the kids' (and your own!) supper? In "After-School Meal Planner", Annabel offers simple, tasty recipes for the whole family, for every day of the week, whether you want a wholesome one-pot dish like Hungarian goulash, a speedy pasta recipe such as Linguine with spring vegetables, or a spicy and exotic feast like Thai-style chicken with noodles. There are also yummy, fuss-free puddings including Strawberry and rhubarb crumble, and healthy snacks such as Apple, oat and raisin muffins to stave off the hunger pangs until suppertime. With full-colour photography throughout, a comprehensive weekly menu planner, and advice and tips to make sure your family get the very best from their food, "After School Meal Planner" is the book that every parent needs.

作者介绍:

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