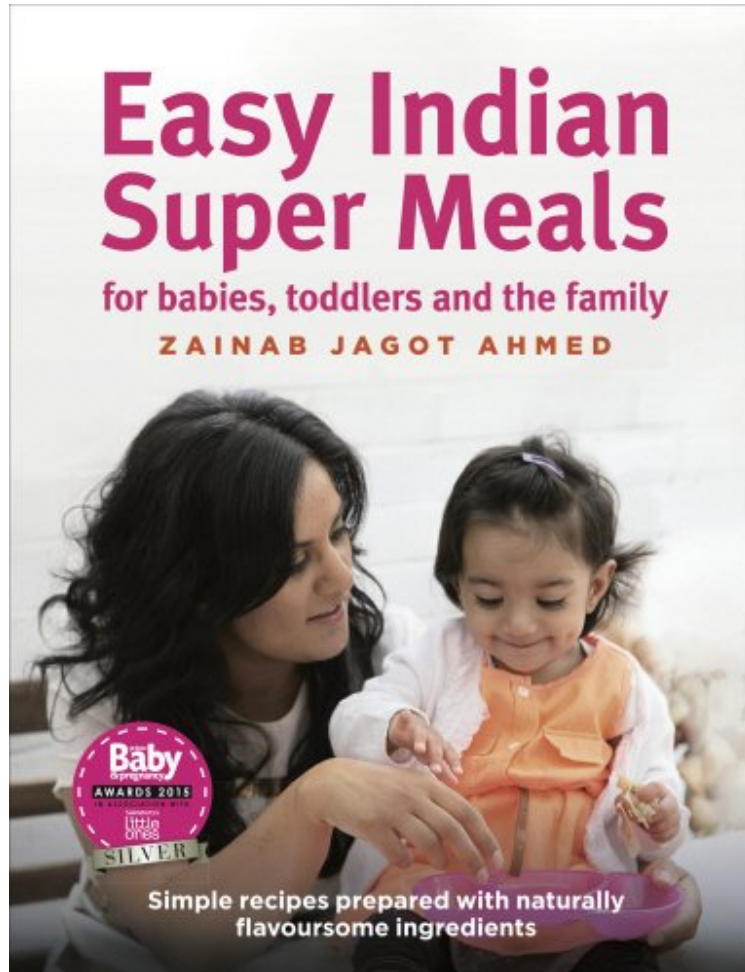


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Easy Indian Super Meals: For Babies, Toddlers and the Family

Zainab Jagot Ahmed

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Easy Indian Super Meals takes flavor-inspiration from Indian home-cooking, combining ingredients naturally full of goodnessmdash;"Super Foods"mdash;with ingredients naturally packed with flavormdash;"Super Spices"mdash;to create simple, super-delicious recipes suitable for children from 7 months old. Adding toddler-friendly spices to your childrsquo;s meals is a fantastic way to encourage them to love their food. Oregano and mint, nutmeg, cinnamon,

turmeric and ground cumin, for example, add delicious flavor fast and offer natural health benefits too. Watch your child happily munch their way through Mint and Coriander Veggie Stew, Creamy Sweet Potato Dream or Saffron Date Kheer (creamy rice pudding), looking forward to every mealtime and each new food you share with them. There is no added salt, sugar or chillies. Includes dual measures.

About the Author Zainab Jagot Ahmed is the UK's leading expert on weaning babies with aromatic flavors and spices. After the birth of her daughter Zainab was inspired to create nutrient-rich tasty meals for her baby both to broaden her daughter's palate and to introduce her to her culinary heritage as early as possible. Following the success of her daughter's weaning journey she went on to create recipes for older children and families.