



**By Annabel Karmel Lunch Boxes and Snacks:  
Over 120 healthy recipes from delicious  
sandwiches and salads to hot soups a (1st Edition)**

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Packing your child's lunch box doesn't have to mean another peanut butter and jelly sandwich and a bag of chips. Renowned children's cooking and nutrition expert Annabel Karmel shares more than 120 healthy, creative recipe ideas as well as time-saving hints and tips that will help you make a complete and nutritious lunch without increasing the chaos of your morning routine. Lunch Boxes and Snacks is packed with mouthwatering recipes that can boost your child's brainpower, increase energy, and strengthen the immune system. You'll find a wide range of delicious and easy lunch ideas, from Oriental Turkey Wraps, Individual Focaccia Pizzas, and Chicken Superfood Salad to Trail Mix Bars and Fruit on a Stick, that guarantee that your child will be the envy of the cafeteria. In Lunch Boxes and Snacks you will find: Inspirations for hot meals that can be packed in a thermos for winter days Quick recipes that can be prepared in advance and kept in the fridge or freezer Tips to get your child involved in the lunch-making process Helpful hints on packing your child's lunch box so that food stays safe to eat With Annabel's help, even the busiest parents can easily pack a healthy and tasty lunch that their child will look forward to eating.

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