
Annabel Karmel



Annabel Karmel MBE is the UK's bestselling author and expert on children's nutrition. Her books have sold over 4 million copies worldwide and her range of equipment and baby food, available in all major supermarkets, have established her as a household name.

Annabel is your classic 'mumtrepreneur', someone who has built up a brand from scratch whilst juggling life as a mother of three. She is a hugely inspiring speaker on the topics of Entrepreneurship, Leadership, Innovation, Teamwork and Work/Life Balance. Her commitment to her brand enables her to motivate business audiences around the world; and her understanding of business and innovation make her the ideal keynote speaker for many conferences.

Annabel was awarded an MBE in June 2006 in the Queen's Birthday Honours for her outstanding work in the field of child nutrition. In 2009 she won a prestigious Caterer & Hotelkeeper Excellence in Food Award and a Mother and Baby Lifetime Achievement Award for her children's meals. In 2010 Annabel won the media category of the First Women Awards which recognise women at the top of their professions who are leading the way for the next generation.

2011 marks the 20th anniversary of Annabel's first book, *The Complete Baby & Toddler Meal Planner* which is regularly in the top five cookery titles. This year also sees the launch of Annabel's *Essential Guide to Feeding your Baby & Toddler*, an app for the iPhone featuring 100 recipes and *Annabel's Kitchen*, a 30-part TV series on cooking with children for CITV.