

BABY LED WEANING/FEEDING RECIPES



CAJUN SWEET POTATOES

2 large sweet potatoes
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
1 tsp dried oregano
1 tsp dried thyme
½ tsp pepper
2 tbsp olive oil



Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper. Scrub sweet potatoes under water with a brush. Cut lengthwise into sticks while leaving the peel if desired (for easier grip). Place in a large bowl. Add all ingredients and toss. Place in a single layer on a baking sheet and roast for 25 minutes. Can be kept in the refrigerator for up to 5 days or in the freezer for up to 3 months.



BURGER SLIDERS

- 1 lb ground veal or ground beef
- 1 apple, grated
- ½ cup onion, diced (½ small onion)
- ½ tbsp dried sage (optional)
- ½ tbsp pepper (optional)



Preheat oven to 400F. Add all ingredients to a large bowl and mix to combine. Then form mini burgers about ⅓ the size of adult burgers, approximately 4 cm in diameter (1.5 in) by 2 cm (¾ in) in height. After that, place on a baking sheet covered with parchment paper and bake for 20 minutes.

Finally, let cool and offer to your baby.

Makes 14 simple burgers for babies.



NO BAKE BREAKFAST BALLS

½cup frozen fruit, defrosted, mashed (cherries, blueberries, strawberries or raspberries)

1cup oats

½ cup soft and sticky Medjool or Deglett dates, pitted, chopped (about 3 large dates)

⅓cup coconut, shredded, unsweetened

1 tbsp coconut oil, melted



To a medium bowl, add all ingredients and stir to combine. Roll into ping-pong sized balls. Offer one to your baby. Can be stored in the fridge for up to 10 days and in the freezer for up to 6 months.



SALMON SLIDERS



- 2 cans salmon in water no salt added
- 2 eggs
- zest of 1 unwaxed lime
- 1 tsp pepper
- ½ cup spinach or kale, chopped
- 1 tbsp fresh dill, chopped
- 3 cloves of garlic, minced
- ½ cup onion, chopped (about 1 small onion)
- 1 tbsp olive oil

Drain and pat dry canned salmon. Mix all ingredients together (except olive oil). Shape into sliders about 3 tbsp each. Heat skillet over medium heat, add oil and pan fry them for 5 minutes on each side. Let cool and offer to your baby. Can be kept in the refrigerator for up to 5 days or in the freezer for up to 3 months.



APPLE CINNAMON PANCAKES

2 bananas, ripe, mashed

2 eggs

1/2 cup apple, grated (1/2 medium apple)

2 tbsp peanut butter (or other nut/seed butter)

1 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp vanilla

1-2 tbsp cooking fat (coconut oil or unsalted butter)

In a large bowl, mash the bananas. Add all other ingredients and stir until well combined. Melt the cooking fat in a skillet over low-medium heat. Carefully pour the batter into the pan, using approximately 1/8 cup for each pancake. Flip the pancake to cook the other side. Allow to cool before serving to your baby. Pancakes can be kept in the refrigerator for up to 5 days or the freezer for up to 6 months. To reheat, place pancakes in the oven on a lined baking sheet at 350°F (175°C) until warm.



CHICKPEA PATTIES



Put the squash and sweet potato into a steamer. Steam for 10 minutes until just cooked and leave to cool. Measure the remaining ingredients including the cold vegetables into a processor. Pulse until roughly chopped. Spoon into a bowl. Shape into 10 parties and coat in flour. Chill for 30 minutes. Heat a little oil in a frying pan. Add the patties and fry for 3 minutes on both sides until lightly golden and heated through.

- 1 cup butternut squash, peeled and diced
- 1/2 cup sweet potato, peeled and diced
- 1/2 large onion, or 1 small onion
- 1 can drained chickpeas
- 1 cup baby spinach
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh thyme, chopped
- 1 tsp sweet chilli sauce
- 1 1/2 tbsp sundried tomato paste
- A little gluten-free plain flour



GREEK CHICKEN BURGERS



Recipe from Chelsey Amer Nutrition

1 pound ground chicken breast
1 cup packed shredded zucchini,
with excess water squeezed out
1/4 cup chopped dill
1/4 cup chopped green onions
1 tbsp dried oregano
1/2 tsp smoked paprika
1/4 tsp ground pepper
1/2 tbsp olive oil

Add all ingredients to a large bowl and mix together until ingredients are evenly distributed. Form into 4-6 patties, about 1-inch thick.

Heat oil in a large cast iron skillet over medium-high heat.

When pan and oil are hot, add burgers to skillet. Cook for 5 minutes before flipping and cooking for another 5 minutes, or until the internal temperature reaches 165F (use a meat thermometer for safety).



CHIA SEED PUDDING



3 oz breastmilk (or choice of milk)

1/2 banana

1 tbsp chia seed

*Feel free to add peanut butter, cinnamon, nutmeg, vanilla or other spices

Combine all ingredients together and mash banana. Let sit for 1-2 hours or overnight until the milk has absorbed all the chia seeds, into a gelatinous pudding. Preload the spoon and let baby feed herself.

