

AGE APPROPRIATE RECIPES AND FINGER FOOD IDEAS

6+ months

- **Banana puree (no cooking, 1 serving) (V)**

Ingredients: 1 banana, mashed.

- **Carrot and swede mash (freezer friendly) (V)**

Ingredients: 1 carrot and 1 swede, boiled and mashed.

- **Broccoli Puree (freezer friendly) (V)**

Ingredients: 1 head of broccoli, boiled and mashed.

- **Carrot puree (freezer friendly) (V)**

Ingredients: 1 carrot, boiled and mashed.

7–9 months

- **Fruity porridge (1 serving) (V)**

2 tbsp porridge oats, 120 ml whole milk/breast/formula, 10g mixed berries.

- **Broccoli & cauliflower finger food (4 servings) (V)**

Half a broccoli & cauliflower, cut length ways, spray with oil. Cook in oven at 200 degrees for 20 minutes.

- **Pesto pasta (2 servings) (V)**

Blend 1 handful of fresh basil, 1 tbsp grated parmesan, 60ml oil. Boil 30g of dry pasta. Mix into pesto when cooked.

- **Cheesy omelette (1 serving) (V)**

Crack 1 medium egg along with 1 chopped basil leaf, 1 tbsp milk, 10g courgette, carrot, cooked peas and 5g grated cheese into a bowl and mix. Heat 2 tsp sunflower oil in a frying pan, heat mixture on both sides, place on a plate and cut into strips.

10-12 months

- **Breakfast: Wheat biscuit with fruit (1 serving) (V)**

Crush 1 wheat biscuit into a bowl, pour over 100ml of whole/breast/formula milk and soak until a thick consistency is formed. Cut cooked fruit of your choice (banana, peaches, apples, pears) into long strips.

Optional: Heat milk gently in a sauce pan for a warm option.

- **Lunch: Veggie bolognese (4 servings) (V)**

Cook 1/2 diced onion, 1/2 diced pepper and 1/2 carrot in a pan with 1tbsp vegetable oil until soft, add 2 chopped mushrooms and 150g chopped tinned tomatoes and cook for 30 minutes. Boil 15g dried spaghetti in a separate pan of boiling water (40ml) for 12 minutes. Drain the pasta and serve the Bolognese on top.

- **Dinner: Salmon risotto (2 servings)**

Put 1 salmon fillet in an ovenproof dish and bake at 180c for 20 minutes. Fry 1/2 diced onion and 1 garlic clove in a pan of 2 tsp heated vegetable oil, add 2 1/2 tbsp peas, 50g rice and 300 ml of water, mix, cover and simmer for approx. 15 mins. Flake the salmon with a fork, chop the risotto, mix together and serve.

Desserts & Finger foods

- **Banana puree (6 months+) Time: 2 minutes**

Method

- Peel the banana and use a fork to mash. Add a small amount of milk of your choice to create a smoother consistency (optional).

- **Fruity porridge (7-9 months) Time: 10 minutes**

Method

- Heat 120ml milk and 2 tbsp oats in a saucepan until it thickens, turn down the heat to a simmer for a couple of minutes until porridge is at the desired consistency.
- Stir 10g mixed berries into the porridge until they become soft.

EXAMPLES OF FINGER FOODS

Soft or cooked fruit such as banana, strawberries, and pear.

Soft, cooked vegetables, e.g. broccoli, carrot and peppers.

Carbohydrate examples: toast, cooked pasta shapes and soft pitta bread strips.

Protein sources: hard boiled eggs, omelette strips and pieces of chicken.