

SPICING UP YOUR BABY FOOD



RECIPE OF THE MONTH

- *SUITABLE FROM 6-9 MONTHS*

SPICING UP YOUR BABY'S PALETTE

- *SUITABLE FROM 6 MONTHS*

Oats, bananas & mixed spice

- 25g porridge oats
- 200ml baby's usual milk
- large pinch of ground mixed spice
- 1 small ripe banana, sliced

Place the oats, milk and spice in a small saucepan and bring to the boil, then reduce to a simmer for 8-10 minutes, stirring frequently until oats are soft. Puree with the banana in a food processor until smooth.

Makes 12 ice cubes
freezable

Chickpeas, courgettes, carrots & coriander

- 1 carrot, peeled and thinly sliced
- 1 small courgette, diced
- 10 coriander leaves
- 100g canned chickpeas in water, drained and rinsed

Steam or boil the carrot and courgette over a medium heat for 8-10 minutes until they are tender. Add the coriander leaves and heat through. Puree with the chickpeas and 3-4 tbsp boiled water until smooth.

Makes 10 ice cubes
freezable

SPICING UP YOUR BABY'S PALETTE

- *SUITABLE FROM 7 MONTHS*

Creamy pear, rice & cinnamon

- 15g white long-grain rice, rinsed
- 1.2 ripe pear, peeled, cored, and cut into pieces
- 1-2 tbsp baby's usual milk
- Pinch of ground cinnamon

Put the rice in a small saucepan, cover with water and bring to the boil. Turn the heat down to low, cover the pan and let simmer for 7-10 minutes, add the pear and simmer for a further 5 minutes. Place the rice, pear, milk and cinnamon in a food processor and puree until smooth. If puree is too thick, add more milk.

Makes 100ml

Do not freeze or keep leftover rice

Banana, ginger & pear

- 1 ripe pear, peeled, cored, and chopped
- 1/2 small ripe banana, peeled and chopped
- 50g slice of good quality white bread, crusts removed, torn into pieces
- 3-4 tbsp full-fat/whole milk
- 3 tbsp thick plain full-fat live yoghurt
- Pinch of ground ginger

Cook the pear in boiling water for 5-8 minutes until tender and drain. Put the pear in the food processor with the banana, bread, milk, yoghurt and ginger, and blend to a smooth puree, added more milk if required.

Makes 320ml

freezable