



Sure Start
Brünswick

WONDERFUL WEANING RECIPES

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MARCH2003



WHAT DO YOU NEED TO START WEANING?

Fork or potato masher to mash up food



A sieve to pass cooked foods through which will make the foods smoother

You can use a blender or liquidiser instead of a fork/sieve if you like



Baby bowl or plate

Baby spoons

Bibs! And Napkins!

News papers-to place on the floor around the baby's high chair in case of any mess

Relax when you are weaning your baby and you will both enjoy the experience

Do not worry if your child refuses the first spoon this is normal as it is new to your baby-don't panic just give your baby time and try again



WONDERFUL WEANING RECIPES

FROM 1 YEAR

You baby should be eating the same foods as the rest of the family

Baby should be drinking from a cup

Baby can now have full fat milk as a drink instead of formula and breast-feeds



COOKING TIPS

Fill the pan 3/4 of the way with water when boiling vegetables

Peel Veg with a potato peeler as it is much easier and safer than a knife and is much quicker!

When mashing Veg make sure there is a little water left in the pan, as it will make the mashing process easier

Sieve or liquidise Veg to make it into puree
You can add water or breast milk or formula milk to make the vegetable dish sloppier

You can add baby rice to mashed /puree food

You can add 2 or 3 Veg together when cooking your dishes

You can freeze any extra Veg for use at a later date, put extra Veg in little yoghurt pots or in an ice cube tray when freezing so that it is easier to defrost individual portions

Defrost and reheat foods well before giving to babies
Solids should not be too runny but like thick custard

Do not add salt/pepper/sugar/honey or any other flavourings to you baby's food, as they do not need it.

STAGE ONE

EASY CARROT



Peel washed carrots and boil in a small pan of water until very soft

Drain most of the water away

Use a fork and mash well or pass the cooked carrot through a sieve

Add more water to make it sloppier

Do not make it watering it should be like thick custard

To make it more exciting add baby rice!

Do not add any salt or flavouring

Tip: freeze any extra carrot puree

SIMPLE RICE



Using baby rice follow the directions on the packet- once cooked you can add:

Puree apple or

Puree banana or

Puree carrots or

Puree broccoli/pumpkin

Or any other fruit or vegetables that you yourself eat in your family

STAGE THREE

At this stage baby should be eating all family foods, which are chopped up.

Your baby should also be having finger foods

Encourage cup feeds instead of bottle feeds.

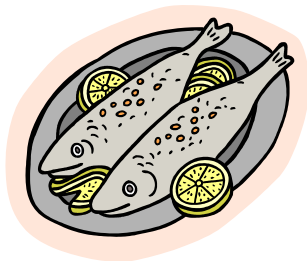


STAGE TWO

FISHING FOR VEG

INGREDIENTS:

1/2 a portion of fish or 1/2 a tin of fish
1/4 sweet potato-cooked
A hand full of grated cheese
Spinach-a few chopped leaves
1/2 carrot-cubed



Boil the sweet potato chunks and carrot chunks in 1/2 a pan of water until soft enough to mash
In another pan heat a little oil and once warm add the chopped spinach and cook for 5 minutes until soft
Then add the sweet potato + carrots + spinach + tinned fish + hand full of grated cheese in a bowl and mix well.
Serve with mash potato

STAGE ONE



BEST BANANA

Take one ripe banana and mash well with a fork
To puree further add a little breast or formula milk and pass through a sieve or puree in a liquidiser
Do not add any sugar or honey



2 VEG BLEND

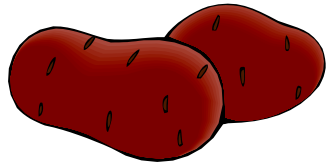
To a pan of water add 3 broccoli heads and 3 cauliflower heads
Boil until they are soft
Once soft mash with a fork
To puree further add a little water and mash further, then pass through a sieve OR liquidiser
Any extra Veg can be frozen for a later day

Do not add any salt or flavourings

STAGE ONE

Sweet Potato Smile

Take one sweet potato and peel
Cut into small chunks and add to a small pan of water and boil until very soft (20-30minutes)
Once cooked and soft drain most of the water and then mash the sweet potato with a fork
To puree further add a little water and mash, then pass through a sieve OR liquids
You can do the same for potato, cassava and yam
Do not add any salt or flavourings



YUM- YUM **YAM**

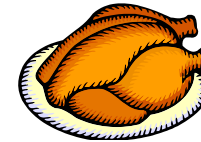
Peel a small yam and add to a pan of water and boil until very soft.
You may need to boil it for 30 minutes
Once boiled-mash well with a fork and serve
You can always mix the cooked yam with other foods e.g. yam and spinach or
Yam + any cooked vegetable

STAGE TWO

Chicken Combo

INGREDIENTS

1/2 a baby bowl of minced chicken
1/4 of a courgette-cut into cubed
1/2 a green banana-sliced
1/4 of a red salad pepper-cut into small pieces
1/2 tin of tomato
Cooked Rice or Cooked Pasta



Heat a teaspoon of oil in a pan
In another pan boil the green banana for 20 minutes.
Once the oil is heated add the minced chicken and cook well
Once the chicken is cooked add the cubed courgette, the cooked green banana the salad pepper and the tinned tomato. Cook for a further 15-20 minutes.
Serve with cooked Rice or Cooked Pasta

STAGE TWO

Finger foods: from 6 months onwards

Bread (can be toasted)-cut into long strips-you can put margarine or marmite on the toast/bread

Bread sticks

Pitta bread/Chapatti-strips

Sweet potato, green banana and cassava chips

Pasta twirls-cooked

Fruit cut into chunks e.g. apple slices, banana chunks, orange segments, kiwi slices, mango stripes, avocado stripes etc.

Vegetable- soft cooked e.g. carrots, broccoli, and cucumber slices/chunks, pepper slices

Cooked meat pieces-not too large

Cheese-strips or cubs

Well-cooked boiled egg pieces

Pizza slices

Experiment with home food to give your child a good variety

Always remove pips and seeds to prevent choking

To prevent choking never leave your child alone when feeding!

WONDERFUL WEANING RECIPES

STAGE ONE

Angelic desserts-some ideas

Take 1/2 a soft pear and 1/2 a soft apple-peel and



remove pips and core.

Then mash well or put through a blender.

You can serve straight away or you can mix with some baby rice to give a different taste!

Mash together 1/4 of a mango and 1/4 of a paw-paw and serve.



Instead of paw-paw you can use banana or even kiwi!

Do not add sugar or honey

STAGE TWO

Fruit Purees:



Pear + apple
Banana + rice
Avocado + kiwi
Mango + banana
Melon + grapes

Vegetable Purees:

Pumpkin + baby rice
Courgette + carrot puree
Butternut squash + spinach
Sweet potato + cauliflower
Parsnips + carrot + cauliflower
Yam + cho cho
Mash potato + baked beans
Green banana mash + carrot

Always peel and remove any seeds/pips before cooking and giving the fruit to your child

STAGE TWO

Bolognese

Ingredients:

1/2 onion chopped
1 clove of garlic
1/2 baby bowl of mince (beef or lamb or chicken or turkey)
1/2 cup of tinned tomato
1 carrot-cubed
1/2 can peas (or frozen)



Heat a teaspoon of oil in a pan and add 1/2 of a chopped onion & chopped garlic
Add the minced meat and cook well
Add the cubed carrots, peas and tinned tomato
Leave to cook for 15-20 minutes. You may need to add 1/2 a small glass of water to stop the meal from drying out

Serve with cooked Spaghetti or mash or rice.

STAGE TWO

Fish-mashed tinned or fresh can be used
You can use any fish e.g. tuna, cod, salmon,
haddock etc



Mashed fish can be added to:

- Milk sauce
- Cheese sauce
- Tomato sauce

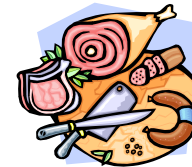
Some ideas for combinations:

Mashed/minced fish + /mashed mixed vegetable
Mashed/minced fish + carrots and cheese sauce
Mashed/minced fish + puree sweet corn
Mashed/minced fish + mash potato
Mashed/minced fish + mashed sweet potato or
parsnips or cassava or yam

STAGE ONE

Meat, *Chicken, Turkey, Liver, etc*

Cook any of the meats above well-until soft enough
to puree in a liquidiser or mash with a potato masher
or fork.



Once pureed you can make it more exciting by
added any cooked vegetables to it e.g.

Tomato and chicken
Spinach and turkey
Carrots and lamb
Sweet potato and beef mince etc.

You can also add meats to baby rice, potato, yam,
cassava, maize etc.
Any left over can be frozen in small portions
Make sure that these foods are re-heated well before
use

STAGE ONE

Weaning Recipes Instead of meat

Lentils, Dahl, split peas etc are good sources of protein and can be used to make exciting meals!

They can be mixed with all different foods:

Try these super tasty combinations:

Lentils+ puree spinach

Chickpeas puree and tomato puree

Dahl and aubergine puree

Mushroom + tomato + hand full of cheese

Tofu + chick peas + carrot

Soya mince + tomato + peas

NEW FOODS FROM 6 MONTHS

Wheat Foods:

Pasta

Bread



Flour

Breakfast Cereal

Pitta Bread

Chapatti

Couscous

Other New Foods:

Eggs

Meat, chicken, lamb, beef

Fish

Full Fat Cow's Milk-TO BE USED IN COOKING

ONLY e.g. custard, sauces

Yoghurts, fromage frais etc