

From: Katie Ferraro hello@fortifiedfam.com
Subject: Day 1 of the 5 Day Texture Challenge
Date: June 5, 2017 at 4:00 AM
To: katie@fortifiedfam.com

KF

5 Day Texture Challenge: DAY 1 - STRINGY

[View this email in your browser](#)



Dear Katie:

Welcome to Day 1 of the 5 Day Baby Food Texture Challenge. The texture of the day today is STRINGY!

Ok, you might think this is a weird texture to start out a challenge with - but it's certainly a tough texture for some babies to tackle. Now, we don't want to be giving babies stringy foods that might pose a choking risk - like raw celery or rhubarb - but there are plenty of stringy foods that are great for little ones just learning how to eat.

And just why does trying a variety of textures matter? Well, research shows that babies who are exposed to the greatest number of textures, tastes and flavors early on in their eating endeavors are less likely to be picky eaters down the road.

If you want to raise an eager eater - pushing textures early on is KEY!



BABY



So now, on to today's recipe assignment utilizing a fabulous stringy food that's great for early eaters: spaghetti squash.

STRINGY SPAGHETTI SQUASH FRITTERS

Fritters are fantastic for little hands learning to eat and stringy spaghetti squash makes a great base for this recipe. You can microwave your spaghetti squash halves to save time, although the flavor will not be as robust as with the longer, oven-roasted version. Don't be afraid to add more oil to your squash or the skillet in this recipe. Fat is important to help your baby's brain develop and it adds valuable calories.

Ingredients

- 1 medium spaghetti squash
- ¼ cup cooking oil, divided
- 2 eggs
- ¼ cup all-purpose flour
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder

Instructions

1. Preheat oven to 400 degrees F. Cut spaghetti squash in half lengthwise. Scoop out seeds. Drizzle 2 tablespoons of oil over cut side of squash. Place squash cut side down on a rimmed baking sheet. Roast for 45 minutes or until squash feels tender. Remove from oven and use a fork to scrape out the “spaghetti” strands of squash.
2. Combine 3 cups of cooked squash, eggs, flour, coriander and cumin in a bowl and stir to combine.
3. Heat a large skillet over medium-high heat, add remaining oil and heat until sizzling. Using a ¼-cup measuring cup or a large spoon, ladle batter onto skillet. Flatten dollops of batter slightly for even cooking. Cook until fritters are golden brown, 1-3 minutes per side.



Once you whip this recipe up and try it out on your baby, head over to the [private Challenge Facebook Group](#) to share your baby's eating experience.

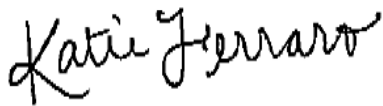
How did it go with the texture? Was it well-received? What modifications did you maybe make to the recipe and why? (And don't forget to take some pics to share with the group!)

CLICK HERE TO GO TO THE PRIVATE CHALLENGE FACEBOOK GROUP

Later today I'll be on Facebook Live inside the [private Challenge Facebook Group](#) at 4:00pm PST. I'll be talking more in depth about starting stringy texture and answering all of your questions.

Can't wait to see how your baby handles texture challenge day 1 and I'll see you later today on Facebook Live!

Yours in Health,



Katie Ferraro, MPH, RDN, CDE
Founding Mother of the Fortified Family

PS - If you're looking for more stringy foods beyond spaghetti squash, here are a few other baby food favorites to try out:

- Asparagus
- Corned beef brisket
- Pulled pork or chicken
- Seaweed





FORTIFIED FAMILY

Good Food Fuels Strong Families

Copyright © 2017 Fortified Family, All rights reserved.

You are receiving this email because you chose to join the 5 Day Baby Food Texture Challenge with Katie Ferraro.

Our mailing address is:

Fortified Family
8885 Rio San Diego Drive
#237
San Diego, CA 92108

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)