



50 Breakfasts for Babies and Toddlers





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Searching for baby-led weaning breakfast ideas? Want to break out of a cooking rut? Look no further. We have 50 easy-to-cook recipes to serve a child the most important meal of the day.

The following recipes encourage baby-led weaning with fruits, vegetables, and hearty proteins alongside grains or legumes to nourish a child at the start of the day. Each recipe includes ideas for sides and toppings that are optional and customizable based on your food preferences and available ingredients.

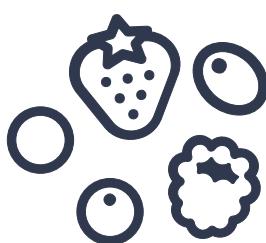
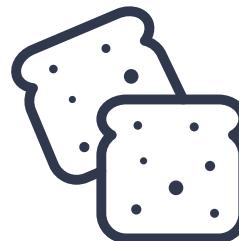
Use the Breakfast Guide alongside our free [First Foods® Database](#), which suggests how to cut and prepare whole foods in an age-appropriate way for babies and toddlers. Most dishes are appropriate for babies who have been introduced to common allergens. That said, many of the recipes can be used in tandem with our [First 100 Days Meal Plan](#) and adapted for younger babies who are [ready to start solids](#).

Let's face it: mornings can be hectic. The Breakfast Guide is organized by cook time to help you navigate the chaos. There are plenty of quick breakfasts for when you have no time to cook, along with dishes to make when you have a spare 30 minutes or more to spend in the kitchen.

Finally, each recipe yields plenty of food for one child-sized meal—often some leftovers. Portion size estimates are intended as a guide, not a rule. As caregivers, it's our job to offer nutritious meals, and it's the child's job to decide how much to eat. There is no one-size-fits-all solution: a bowl of yogurt might be a meal for one child and a snack for another. Follow your instincts and let a child eat as much or as little as needed. Trust your gut!

Heads Up, Caregivers!

Most recipes contain common allergens, which are noted at the bottom of a recipe's page. You are responsible for safely introducing new allergens. We encourage you to talk to your pediatrician or pediatric allergist and check out [our guide to introducing allergens](#).





50 Breakfasts for Babies and Toddlers

Main	Idea for Side	Totally Optional Topping
When You Have No Time to Cook (Less Than 15 Minutes)		
1 Almond Butter Yogurt	Grated Apple	Cinnamon
2 Avocado Toast and Spears	Tomato Wedge	Sesame Seed
3 Black Bean Bowl	Avocado Spears	Hemp Seed
4 Blueberry Polenta (Corn Grits)	Strawberries	Ground Quinoa
5 Caprese (Mozzarella, Tomato, Basil Salad)	Stone Fruit	Hemp Seed
6 Cashew Butter Yogurt	Orange Wedge	Ground Peanut
7 Coconut Chia Seed Pudding	Mango Spears	Ground Pecan
8 Egg Salad with Avocado	Avocado Spears	Hemp Seed
9 Egg Tofu Scramble	Melon	Nori Seaweed Flakes
10 Lemony Ricotta Cheese Two Ways	Thin Rice Cakes	Ground Pistachio
11 Peanut Butter Yogurt	Banana Spears	Ground Peanut
12 Pumpkin Seed Butter Yogurt	Toast or Thin Rice Cake	Ground Pecan
13 Purple Oatmeal	Banana Spears	Chia Seed
14 Ricotta Cheese Berry Bowl	Ezekiel Toast	Ground Almond
15 Sardine Tomato Salad	Cucumber Spears	Nori Seaweed Flakes
16 Scrambled Eggs with Sliced Avocado	Mango Spears	Shredded Coconut
17 Stone Fruit Oatmeal	Raspberries	Ground Almond
18 Strawberries and Cream Wheat Farina	Strawberries	Ground Pecan
19 Yogurt with Toasted Quinoa	Blackberries	Shredded Coconut
20 Zucchini Egg Scramble	Tomato Wedge	Sesame Seed
When You Have Some Time to Cook (30 Minutes or Less)		
21 Apple-Cinnamon Oatmeal	Stewed Apple	Ground Walnut
22 Apple Compote and Ricotta Cheese Bowl	Ezekiel Bread	Ground Pecan
23 Banana Chickpea Flour Pancakes	Ricotta Cheese	Cinnamon
24 Beans and Greens with Turkey Sausage	Yogurt	Hemp Seed
25 Blueberry Buttermilk Pancakes	Yogurt	Ground Pecan
26 Butternut Squash and Ricotta Cheese Frittata	Flattened Blueberries	Sesame Seed
27 Cranberry Sauce on Ricotta Cheese	Thin Rice Cakes	Ground Pistachio
28 Curried Coconut Rice with Scrambled Egg	Yogurt	Ground Peanut
29 Fried Rice with Scrambled Egg	Bok Choy	Nori Seaweed Flakes
30 Hard-Boiled Egg Two Ways	Swiss Cheese	Hemp Seed
31 Huevos Rancheros (Egg in Tomato Salsa)	Bell Pepper	Sesame Seed
32 Mushroom Swiss Cheese Frittata	Spinach	Sesame Seed
33 Orange Couscous	Mashed Veggies	Ground Pistachio
34 Pumpkin-Ricotta Pancakes	Banana Spears	Ground Pecan
35 Rainbow Veggie Frittata	Ricotta Cheese	Sesame Seed
36 Salmon and Rice Bowl	Mashed Turnip	Nori Seaweed Flakes
37 Sesame Hummus and Cucumber Bowl	Ezekiel Toast	Sesame Seed
38 Spinach & Goat Cheese Frittata	Ezekiel Bread	Hemp Seed
39 Sweet Potato Mash	Ezekiel Toast	Cinnamon
40 Vegan Apple Pancakes with No Added Sugar or Gluten	Yogurt	Almond Butter
When You Want to Spend Time in the Kitchen (Up to 1 Hour and Sometimes More)		
41 Apple Turnip Mash	Ezekiel Toast	Ground Walnut
42 Banana Strawberry Amaranth Porridge	Strawberries	Ground Pecan
43 Beet and Carrot Mash	Yogurt	Ground Almond
44 Broccoli Swiss Cheese Egg Cups	Mashed Veggies	Nutritional Yeast
45 Carrot Tofu Congee (Rice Porridge with Carrot and Tofu)	Bok Choy	Nori Seaweed Flakes
46 Kasha (Buckwheat Porridge)	Cherries	Chia Seed
47 Kiribath (Cinnamon Coconut Milk Rice)	Orange Wedge	Sesame Seed
48 Mangú (Mashed Plantain) with Scrambled Egg	Avocado Spears	Ground Peanut
49 Shakshuka (Eggs in Tomato Pepper Stew)	Ezekiel Bread	Hemp Seed
50 Sugar-Free Ground-Up Granola on Yogurt	Raspberries	Sesame Seed

1. Almond Butter Yogurt

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup unsweetened whole milk yogurt

1 tablespoon smooth almond butter

1 small apple (optional)

1 pinch cinnamon (optional)

To Prepare

Whisk the yogurt and almond butter in the child's bowl until smooth. Add more yogurt to loosen the mixture as needed. There should be no clumps of almond butter.

Wash, dry, and peel the apple—then halve to remove the core, seeds, and stem. Grate half of the apple to serve on the side or on top of the almond butter yogurt. Store the other half for a future meal—or snack on it as baby eats.

Sprinkle cinnamon on the apple and almond butter yogurt.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, you can pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover almond butter yogurt keeps in an air-tight container in the fridge for 3 days. Cut apple keeps when sealed in the fridge for 3 days.

This recipe contains common allergens: dairy and tree nut (almond). Only serve to a child after each of these individual allergens have been introduced safely.

2. Avocado Toast and Spears

Yield: 1 slice (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 slice of bread or thin rice cake

½ ripe avocado

¼ teaspoon lime

¼ teaspoon olive oil

1 pinch sesame seed (optional)

1 beefsteak or plum tomato wedge (optional)

To Prepare

Lightly toast the bread, then cut off the crust. Pulverize the crust to make breadcrumbs.

Remove and discard the avocado peel and pit. Cut the flesh into spears.

Mash 1 or 2 spears, then thinly spread the avocado on the toast. Roll the remaining avocado spears in the breadcrumbs.

Cut the toast into strips about the size of two adult fingers pressed together—or keep the toast whole for older children.

Drizzle the oil and lime juice on the toast. Sprinkle sesame seeds on top.

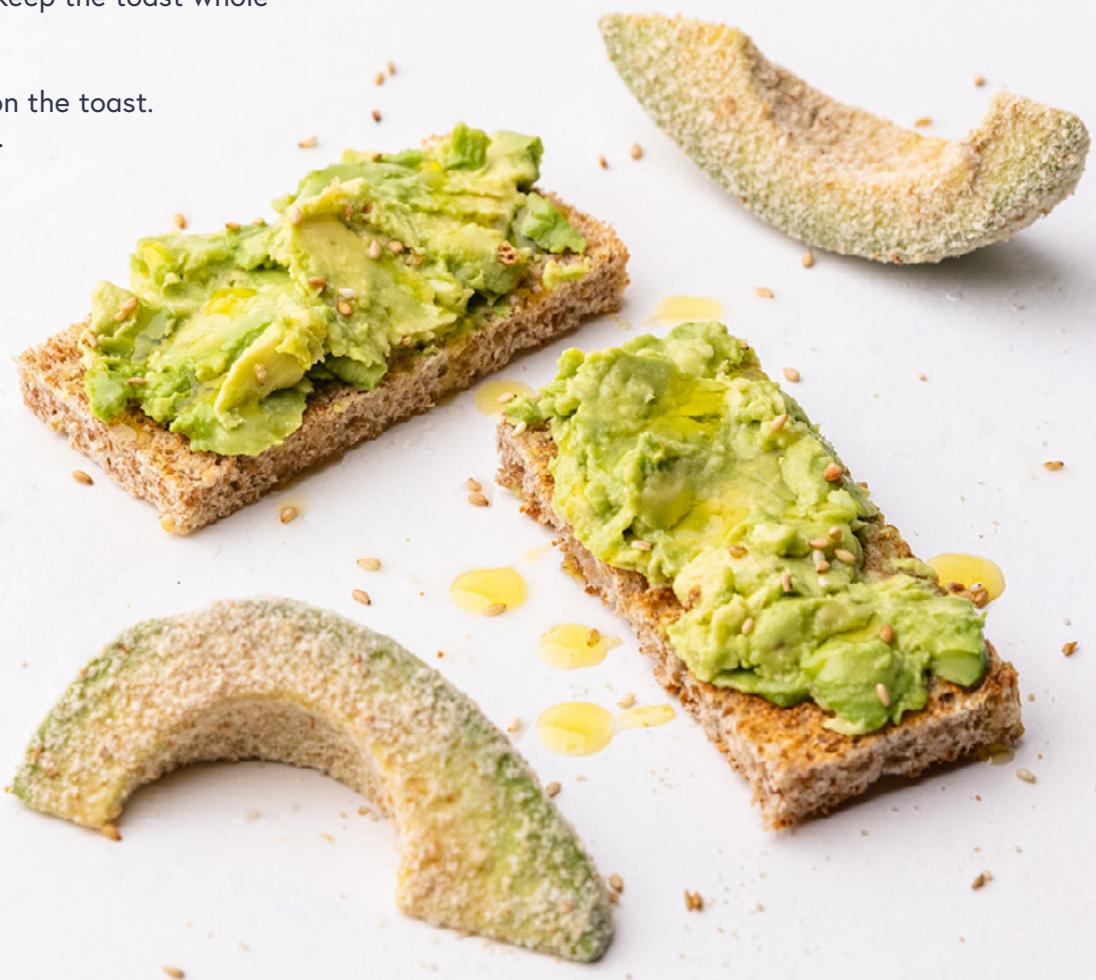
To Serve

Serve the toast and spears and let the child self-feed with hands. If the child needs help, pass a piece of toast in the air for the child to grab.

To Store

Cut avocado keeps in its peel in the fridge for 3 days. No need to wrap in plastic!

This recipe contains common allergens: sesame and wheat. Only serve to a child after each of these individual allergens have been introduced safely.



3. Black Bean Bowl

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

½ cup cooked black beans (ideally BPA-free if canned)

1 ripe avocado

1 pinch hemp seed

To Prepare

Rinse the beans to remove excess sodium.

Mash the beans in the child's bowl until mostly smooth. A little texture is okay as long as there are no large clumps or whole beans.

Cut the avocado lengthwise around the pit, gently twist the halves in opposite directions to separate, and remove the pit. Scoop out the flesh from each half.

Mash and mix one avocado half with the beans.

Cut the other avocado half into spears, then roll in hemp seeds.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl for the child to pick up. Alternatively, you can pass a pre-loaded utensil or an avocado spear in the air for the child to grab.

To Store

An open can of beans keeps in the fridge for 4 days. Cut avocado keeps in its peel in the fridge for 3 days. No need to wrap in plastic!



4. Blueberry Polenta

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

1/4 cup fresh or frozen blueberries

3/4 cup water

1/4 cup whole milk or unsweetened fortified plant-based milk

1/4 cup dry instant polenta (corn grits)

1 pinch dry quinoa

2-3 fresh or frozen strawberries (optional)

To Prepare

Defrost and wash the blueberries. Remove and discard any stems. Mash the berries. Don't worry about any lingering blueberry skins (they are super healthy!) but try to break up any large berry pieces.

Bring the water and milk to a boil. Turn the heat to low, then slowly whisk in the polenta and mashed blueberries.

Cook uncovered, stirring frequently, for 5 minutes. Remove the pot from the heat and cover. Let stand until thick, about 5 minutes.

Scoop the polenta into the child's bowl. Cool to room temperature. Crush quinoa with a mortar and pestle or the side of a knife, then sprinkle the crushed quinoa on top.

Defrost and wash the strawberries. Exact serving size is variable. Let a child's appetite determine how many berries are eaten. Slice off and discard any stems. Cut the berries into age-appropriate sizes.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a strawberry in the air for the child to grab.

To Store

Leftover polenta keeps in an air-tight container in the fridge for 3 days.

This recipe contains a common allergen: dairy. Only serve to a child after this allergen has been introduced safely.



5. Caprese (Mozzarella, Tomato, Basil Salad)

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup packed fresh basil leaves

1/4 cup olive oil

1 ripe beefsteak or plum tomato

2 ounces fresh whole milk mozzarella (1 ounce is about the size of an adult thumb)

1 pinch hemp seed (optional)

1 fresh peach or nectarine (optional—skip if fresh stone fruit is not available or serve another fruit on the side)

To Prepare

Wash and dry the basil. Blend the basil and oil until smooth. Flecks of herb are okay, as long as there are no large pieces of leaf. A small food processor or mortar and pestle speeds up this step, but if you don't have one, simply mince the basil with a knife, whisk the basil and oil in a bowl, and let the mixture rest for 15 minutes, stirring occasionally to combine the flavors.

Wash, dry, and cut tomato into age-appropriate sizes.

Cut the mozzarella into age-appropriate sizes.

Scoop the tomato and cheese into the child's bowl.

Drizzle 1 tablespoon of basil oil over the mozzarella and tomato. Store the rest in an air-tight container in the fridge for future meals.

Sprinkle hemp seeds on top of the caprese.

Wash and dry the stone fruit. Cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Set aside one half to serve whole or cut into age-appropriate sizes. It can be served on the side or mixed into the caprese. Store the other half for a future meal—or snack on it as baby eats

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.



To Store

Leftover caprese keeps in an air-tight container in the fridge for 3 days. Store leftover basil oil in its own air-tight container in the fridge for 3 days. Use it to make pesto, salad dressing, or a simple sauce for cooked veggies. You can also mix it with lemon and yogurt to make herb dip!

This recipe contains a common allergen: dairy. Only serve to a child after this allergen has been introduced safely.

6. Cashew Butter Yogurt

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup unsweetened whole milk yogurt or fortified plant-based yogurt

1 tablespoon smooth cashew butter

1 navel orange (optional)

1 pinch ground peanut (optional—skip if you like, or use any ground nut that has been safely introduced)

To Prepare

Whisk the yogurt and cashew butter in the child's bowl until smooth. Add more yogurt to loosen the mixture as needed. There should be no clumps of cashew butter.

Sprinkle ground peanut on top.

Wash and cut the orange into wedges, taking care to remove any seeds. Set aside 1 or 2 wedges for the child's meal. Store the remaining orange for a future meal—or snack on it as baby eats.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or an orange wedge in the air for the child to grab.

To Store

Leftover cashew butter yogurt keeps in an air-tight container in the fridge for 3 days. When sealed, cut orange keeps in the fridge for 1 week.

*This recipe contains common allergens:
dairy, peanut, and tree nut (cashew).
Only serve to a child after each of these
individual allergens have been introduced safely.*



7. Coconut Chia Seed Pudding

Yield: 2 cups (2 to 4 child-sized servings)

Time: 5 minutes + overnight soak

Age: 6 months +

1 ripe banana

¾ cup full-fat coconut milk (ideally BPA-free if canned)

3 tablespoons chia seed

¼ teaspoon ground cinnamon (optional—skip or use cardamom, nutmeg, or any warm spice)

1 pinch ground pecan (optional—skip if you like or use any ground nut that has been safely introduced)

1 ripe mango (optional—skip if fresh fruit is not available or serve another fruit on the side)

To Prepare

Make chia seed pudding the night before you plan to serve it so it's ready in a flash in the morning.

Peel and mash the banana, then scoop into a small glass jar with a sealed lid. A 2-cup mason jar works perfectly!

Add the coconut milk, chia seeds, and seasoning. Seal the jar, then shake vigorously to combine.

Place the jar in the fridge to chill until the seeds have expanded and the mixture has thickened, ideally overnight. If you are pressed for time, chill for at least 1 hour, shaking every 10 minutes or so to emulsify the mixture and help speed up the process. Alternatively, let the pudding set in the fridge while you sleep. No need to shake!

When you're ready to serve, scoop some chia seed pudding into the child's bowl. Exact serving size is variable. Let the child's appetite determine how much is eaten. Sprinkle ground pecan on top.

Wash, dry, and peel the mango. Cut the halves from the pit by slicing along one side of the pit, then slicing along the other side. Store the pit and a mango half for a future meal—or snack on it as baby eats. Cut the remaining half into spears.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a mango spear in the air for the child to grab.

To Store

Coconut chia seed pudding keeps in an air-tight container in the fridge for 1 week. Cut mango keeps when sealed in the fridge for 4 days.

This recipe contains allergens: tree nut (pecan) and coconut. Only serve to a child after these foods have been introduced safely.



8. Egg Salad with Avocado

Yield: 1 cup (1-2 child-sized servings)

Time: 15 minutes

Age: 6 months +

3 eggs

1 ripe avocado

1 pinch onion powder (optional)

1 teaspoon hemp seed (optional)

1 pinch sesame seed (optional)

To Prepare

Bring a pot of water to boil. Gently lower the eggs into the boiling water.

Cover and cook for 13 minutes, then transfer the eggs to a bowl of ice water.

Peel the eggs once they are cool to the touch. Discard the shells.

Quarter the peeled eggs. Transfer to a mixing bowl.

Cut the avocado lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh and discard the skins.

Mash and mix one avocado half with the eggs and onion powder until mostly smooth. A little texture is okay as long as there are no clumps of eggs.

Cut the other avocado half into spears.

Roll in hemp seeds.

Scoop some egg-avocado salad into the child's bowl. Exact serving size is variable. Let the child's appetite determine how much is eaten. Sprinkle sesame seed on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or an avocado spear in the air for the child to grab.



To Store

Egg salad keeps in an air-tight container in the fridge for 5 days. Cut avocado keeps in its peel in the fridge for 3 days—no need to wrap in plastic!

This recipe contains common allergens: egg and sesame. Only serve to your child after each of these allergens have been introduced safely.

9. Egg Tofu Scramble

Yield: ¾ cup scramble (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

2 ounces firm tofu (1 ounce is about the size of an adult thumb)

2 eggs

1 teaspoon olive oil

1 pinch nori seaweed flakes (optional for 18 months old+)

1 pinch sesame seed (optional)

1 handle or 2-3 thin, rectangular strips cantaloupe (optional—skip if you like or swap for your fruit of choice)

To Prepare

Rinse, dry, and mince the tofu—then whisk with the eggs.

Warm the oil in the skillet set on medium heat. When it shimmers, pour in the egg-tofu mixture.

Cook, stirring frequently, until fluffy and fully set, about 5 minutes.

Remove from the pan. Scoop the egg-tofu scramble into the child's bowl. Cool to room temperature. Sprinkle nori seaweed flakes and sesame seed on top before serving.

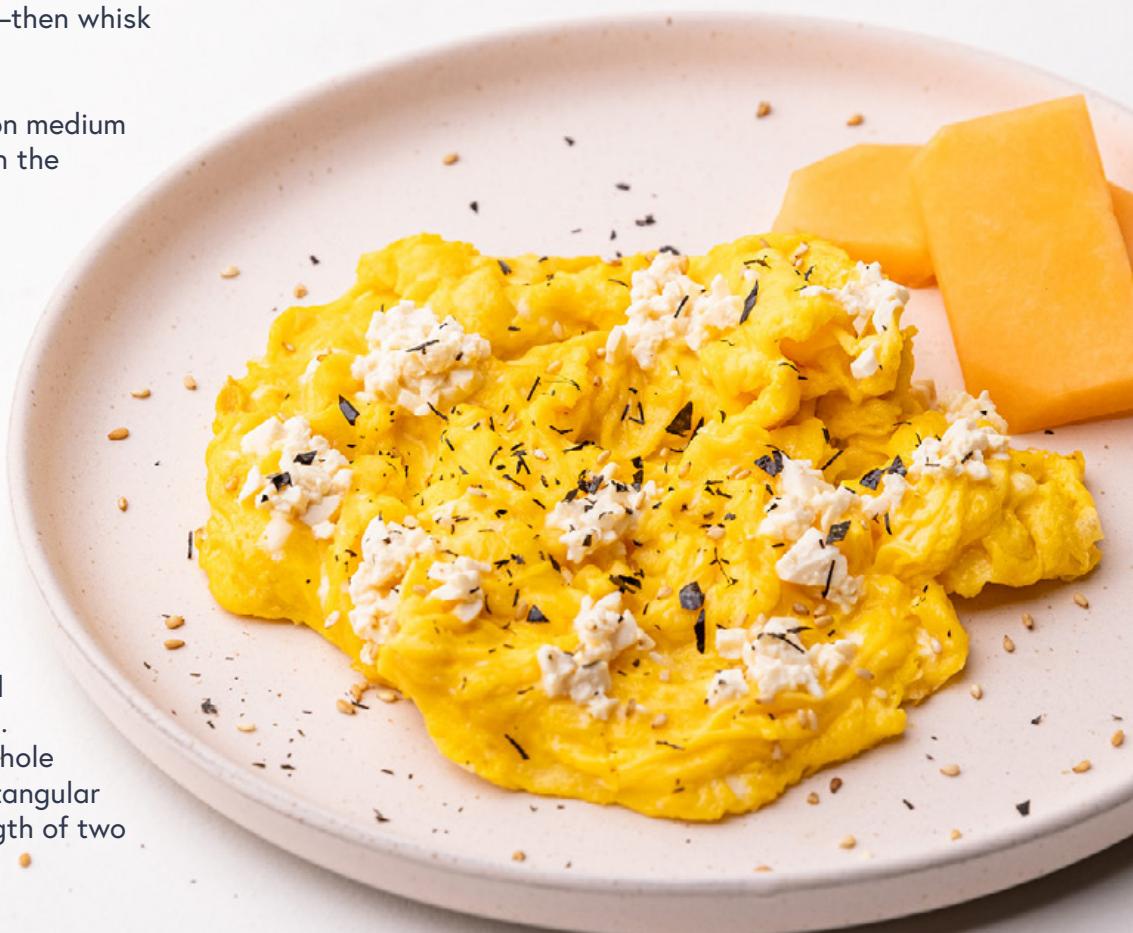
Wash, dry, and remove any rind and seeds from the cantaloupe. If you are starting fresh with whole melon, cut a wedge or thin rectangular slices about the width and length of two adult fingers pressed together.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a piece of melon in the air for the child to grab.

To Store

An open package of firm tofu keeps when sealed in the fridge for 3 days. Cut cantaloupe and sweet melon keeps when tightly wrapped or stored in an airtight container in the fridge for 3 days



This recipe contains common allergens: egg, sesame, and soy. Only serve to a child after each of these individual allergens have been introduced safely.

10. Lemony Ricotta Cheese Two Ways

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup fresh whole milk ricotta cheese or silken tofu

1 lemon

1 thin rice cake

1 pinch ground pistachio (optional—skip if you like or use any ground nut that has been safely introduced)

To Prepare

Scoop the ricotta cheese into the child's bowl.

Wash and dry the lemon. Zest 1 teaspoon of lemon rind on top of the ricotta cheese. Stir to combine.

If you have the time, let the mixture sit for 10 minutes to allow the lemon flavor to infuse the cheese. Don't worry if you're in a rush and need to serve right away. It's delicious either way!

Thinly spread some lemony ricotta cheese on the thin rice cake.

Sprinkle ground pistachio on top of the lemony ricotta cheese in the bowl and on the thin rice cake.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or the thin rice cake in the air for the child to grab.

To Store

Leftover lemony ricotta cheese keeps in an air-tight container in the fridge for 1 week.

This recipe contains common allergens: dairy or soy and tree nut (pistachio). Only serve to a child after each of these individual allergens have been introduced safely.



11. Peanut Butter Yogurt

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup unsweetened whole milk yogurt or fortified plant-based yogurt

1 tablespoon smooth peanut butter

1 ripe banana (optional)

1 pinch ground peanut (optional—skip or use any ground nut that has been safely introduced)

To Prepare

Whisk the yogurt and peanut butter in the child's bowl until smooth. Add more yogurt to loosen the mixture as needed. There should be no clumps of peanut butter.

Cut the banana in half crosswise. Peel one half, then cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the banana spears in ground peanut. Store the other banana half for a future meal—or snack on it as the child eats.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up.

Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover peanut butter yogurt keeps in an air-tight container in the fridge for 3 days. Cut banana keeps in its peel in the fridge for 3 days—no need to wrap in plastic!

This recipe contains common allergens: dairy and peanut. Only serve to a child after each of these individual allergens have been introduced safely.



12. Pumpkin Seed Butter Yogurt

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup unsweetened whole milk yogurt or fortified plant-based yogurt

1 tablespoon pumpkin seed butter

1 slice of bread or thin rice cake (optional)

1 pinch ground pecan (optional—skip if you like or use any ground nut that has been safely introduced)

To Prepare

Whisk the yogurt and pumpkin seed butter in the child's bowl until smooth. Add more yogurt to loosen the mixture as needed. There should be no clumps of pumpkin seed butter.

Lightly toast the bread, then cut off the crust. Reserve the crust for another use, such as breadcrumbs.

Cut the toast into strips about the size of two adult fingers pressed together—or keep the toast whole for older children. If serving toast strips, stick them in the yogurt so that they stand upright or lean against the edge of the bowl in a way that makes it easier for the child to grab.

Sprinkle ground pecan on top of the yogurt.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, you can pass a pre-loaded utensil or a piece of bread in the air for the child to grab.

To Store

Leftover pumpkin seed butter yogurt keeps in an airtight container in the fridge for 3 days.

This recipe contains common allergens: dairy, tree nut (pecan), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.



13. Purple Oatmeal

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

1/4 cup fresh or frozen blueberries
1/4 cup dry instant rolled oats or instant oatmeal
1/4 cup whole milk or unsweetened fortified plant-based milk
1/4 cup water
1 pinch unsweetened coconut flakes (optional)

To Prepare

Defrost and wash the berries. Remove and discard any stems. Mash the berries. Don't worry about any lingering blueberry skins (they are super healthy!) but try to break up any large berry pieces.

Bring the milk and water to a boil, then remove the pot from the heat and stir in the oats and mashed blueberries. Cover and let sit until thickened, about 5 minutes. Uncover and let cool to room temperature, about 5 minutes.

Scoop the purple oatmeal into the child's bowl. Sprinkle coconut flakes on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover purple oatmeal keeps in an air-tight container in the fridge for 1 week. Cut banana keeps in its peel in the fridge for 3 days—no need to wrap in plastic!

This recipe contains allergens: dairy and coconut. Only serve to a child after these foods have been introduced safely.



14. Ricotta Cheese Berry Bowl

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

Age: 6 months +

1 cup fresh whole milk ricotta cheese or silken tofu

1/4 cup fresh or frozen blueberries, raspberries, and/or strawberries

1 slice of bread or thin rice cake (optional)

1 pinch ground almond (optional—skip if you like or use any ground nut that has been safely introduced)

To Prepare

Scoop the ricotta cheese into the child's bowl.

Defrost and wash the berries. Slice off and discard any stems. Cut the fruit into age-appropriate sizes for blueberries, raspberries, and strawberries.

Sprinkle the berries on top of the yogurt or serve on the side. Sprinkle ground almond on top of the food.

Cut the toast into strips about the size of two adult fingers pressed together—or keep the toast whole for older children. If serving toast strips, stick them in the ricotta so that they stand upright or lean against the edge of the bowl in a way that makes it easier for the child to grab.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil, a berry, or a piece of toast in the air for the child to grab.

To Store

Leftover ricotta cheese berry bowl keeps in an airtight container in the fridge for 1 week.

★ Tip

Kids love choice! Try serving the dish in two different ways by thinly spreading some ricotta cheese and mashed berries on the toast.

This recipe contains common allergens: dairy or soy, tree nut (almond), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.

15. Sardine Tomato Salad

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

1 boneless sardine (ideally from a container marked "no salt added" and "BPA-free")

1 ripe beefsteak tomato

1 small garlic clove

½ teaspoon olive oil

1 small cucumber

1 teaspoon nori seaweed flakes (optional for 18 months old+)

To Prepare

Rinse the fillet to remove excess sodium. Tiny bones in canned sardine are soft, edible, and full of nutrition, but remove them if they make you nervous. Keep the sardine whole or break apart into flakes for older children.

Wash, dry, and halve the tomato. Cut one half into age-appropriate sizes. Store the other half for a future meal—or snack on it as baby eats.

Peel and mince the garlic. Combine the tomatoes, garlic, and oil in the child's bowl. If you have the time, let the mixture sit for 10 minutes to allow the garlic flavor to infuse the tomatoes. Don't worry if you're in a rush and need to move on. It's delicious either way!

Wash and dry the cucumber—and decide whether you want to keep the skin on or off. Skin on is totally fine and adds grip to the slippery food. Skin off is fine, too. You decide!

Cut half the cucumber into age-appropriate sizes. Store the other cucumber half for future meals—or snack on it as baby eats.

Add the sardine to the bowl with the garlicky tomatoes, then sprinkle nori seaweed flakes on top before serving.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a piece of food in the air for the child to grab.

To Store

Cut cucumber keeps in an air-tight container filled with water in the fridge for 1 week. Cut tomato should be eaten sooner; it keeps for up to 3 days when tightly wrapped in the fridge. Eat the sardines soon; an open tin doesn't last long in the fridge—maybe a day.

★ Tip

Even boneless sardines have tiny lingering bones in them. Bones in tinned fish are soft, packed with calcium, and perfectly safe for babies to eat, but go ahead and remove them if you prefer.

This recipe contains a common allergen: fish. Only serve to a child after this allergen has been introduced safely.



16. Scrambled Eggs with Avocado Spears

Yield: ½ cup scrambled eggs + ½ cup avocado (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

2 eggs

1 teaspoon olive oil

½ ripe avocado

1 teaspoon sesame seed (optional)

1 ripe mango (optional—skip if fresh fruit is not available or serve another fruit on the side)

1 teaspoon unsweetened shredded coconut (optional)

To Prepare

Crack the eggs into a mixing bowl. Whisk to combine the yolks and whites.

Warm the oil in a small non-stick skillet set on medium heat. When it shimmers, pour in the eggs. Cook, stirring frequently, until fluffy and set, about 5 minutes. Scoop the eggs into the child's bowl. Cool to room temperature.

Remove and discard the avocado peel and pit. Cut the flesh into spears. Roll in sesame seeds.

Wash, dry, and peel the mango. Cut the halves from the pit by slicing along one side of the pit, then slicing along the other side. Store the pit and a mango half for a future meal—or snack on it as baby eats.

Cut the remaining half into spears. Roll in coconut flakes.

To Serve

Place the bowl, a baby spoon, and the spears in front of baby. Let baby self-feed by scooping with hands and trying to pick up the spoon and spears. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to try to pick up—or pass the spoon or spear in the air for baby to grab.

To Store

Cut avocado keeps in its peel in the fridge for 3 days—no need to wrap in plastic. Cut mango keeps when sealed in an air-tight container in the fridge for 4 days.

★ Tip

Don't toss mango pits! They are a great shape for baby to hold and they offer plenty of fruit for baby to munch.

This recipe contains allergens: egg, coconut, and sesame. Only serve to a child after these foods have been introduced safely.



17. Stone Fruit Oatmeal

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

½ fresh ripe stone fruit or ½ cup frozen stone fruit (apricot, peach, nectarine, or stone fruit of choice)

¼ cup dry instant rolled oats or instant oatmeal

¼ cup whole milk or unsweetened fortified plant-based milk

¼ cup water

1 pinch ground cardamom, cinnamon, or nutmeg (optional—skip if you like or use any warm spice)

¼ cup fresh or frozen raspberries (optional)

1 pinch ground almond (optional—skip if you like or use any ground nut that has been safely introduced)

To Prepare

Defrost and wash the stone fruit. If you are starting with fresh stone fruit, remove and discard the stem and pit.

Mash the stone fruit. Don't worry about lingering skins (they are super healthy!) but try to break up any large pieces.

Bring the milk, water, and the mashed fruit to a boil, then remove the pot from the heat and stir in the oatmeal and spice. Cover and let sit until thickened, about 5 minutes. Uncover and let cool to room temperature, about 5 minutes.

Defrost and wash the raspberries. Mash the berries, cut into age-appropriate sizes, or serve whole if the berries are soft and juicy.

Scoop the stone fruit oatmeal into the child's bowl. Spoon the raspberries on top. Sprinkle with ground almond.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Cut stone fruit keeps when sealed in the fridge for 3 days.

This recipe contains common allergens: dairy and tree nut (almond). Only serve to a child after each of these individual allergens have been introduced safely.

18. Strawberries and Cream Wheat Farina

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

4 fresh large ripe strawberries or $\frac{1}{2}$ cup frozen strawberries

1 cup whole milk or unsweetened fortified plant-based milk

3 tablespoons dry wheat farina

1 pinch ground pecan (optional—skip if you like or use any ground nut that has been safely introduced)

To Prepare

Defrost, wash, and dry the strawberries. Cut away and discard the stems. If you are starting with whole berries, set aside the largest berry aside to serve whole. Otherwise, mash the berries.

Bring the milk to a boil. Pour in the wheat farina, whisking to prevent lumps. Turn the heat to medium low. Cook, stirring occasionally, until the cereal has softened and thickened, about 3 minutes. Remove from the heat. Stir the mashed strawberries into the porridge. Cool to room temperature.

Scoop the porridge into the child's bowl.

Sprinkle ground pecan on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or the whole strawberry in the air for the child to grab.

To Store

Cooked wheat farina porridge keeps in an air-tight container in the fridge for 3 days.

★ Tip

Got tart strawberries? Mash a sweet fruit like banana or mango and stir it into the porridge to balance the acidity of the berries.

This recipe contains common allergens: dairy, tree nut (pecan), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.



19. Yogurt with Toasted Quinoa

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

1 teaspoon dry quinoa

1 cup unsweetened whole milk yogurt or fortified plant-based yogurt

6 large fresh blackberries (optional—skip or use another fresh or frozen berry)

1 pinch unsweetened shredded coconut (optional)

To Prepare

Rinse the quinoa to remove dirt and debris.

Toast the quinoa in a small skillet on medium heat, stirring continuously until the grains are fragrant and lightly toasted, about 5 minutes. Transfer the grains to a plate. Cool to room temperature.

Scoop the yogurt into the child's bowl.

Wash, dry, and quarter the blackberries.

Sprinkle the berries, toasted quinoa, and unsweetened coconut flakes on top of the yogurt.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

★ Tip

Make a big batch of toasted quinoa to save time preparing future meals. Toasted quinoa keeps in an air-tight container in the fridge for several weeks.

This recipe contains allergens: dairy and coconut. Only serve to a child after these foods have been introduced safely.



20. Zucchini Egg Scramble

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

Age: 6 months +

½ small zucchini or summer squash

2 eggs

1 teaspoon olive oil

1 pinch sesame seeds

1 ripe beefsteak or plum tomato (optional)

To Prepare

Wash, dry, and shred the zucchini, discard the stem.

Crack the eggs into a mixing bowl. Whisk to combine the yolks and whites.

Warm the oil in a small non-stick skillet set on medium heat. When it shimmers, add the shredded zucchini and stir to coat. Cook, stirring occasionally, until the zucchini is soft and released some of its liquid, about 5 minutes.

Pour in the eggs and stir to combine with the cooked shredded zucchini. Cook, stirring frequently, until the eggs are fluffy and set, about 5 minutes. Scoop the scramble into the child's bowl. Cool to room temperature. Sprinkle sesame seeds on top.

Wash, dry, and half the tomato. Remove and discard the stem. Cut half the tomato into age-appropriate sizes. Store one half for a future meal—or snack on it as baby eats.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a piece of tomato in the air for the child to grab.



To Store

Cut tomato and zucchini keep when tightly sealed in the fridge for 3 days.

This recipe contains common allergens: egg and sesame. Only serve to your child after each of these individual allergens have been introduced safely.

21. Apple Cinnamon Oatmeal

Yield: 1 cup (1 child-sized serving)

Time: 30 minutes

Age: 6 months +

1 apple

1/4 cup dry instant rolled oats or instant oatmeal

1/4 cup whole milk or fortified unsweetened plant-based milk of choice

1/4 cup water

1 pinch ground cinnamon

1 pinch ground walnut (optional—skip or use any ground nut that has been safely introduced)

To Prepare

Wash, peel, and halve the apple. Remove the core, seeds, and stem.

Place the apple halves in a small pot with 1 cup of water. Cover and bring the liquid to a boil, then lower the heat to medium. Cook until the apple is soft, about 20 minutes. Remove the apple halves from the liquid.

Prepare the oatmeal while the apple is stewing. Bring the milk and water to a boil, then stir in the oats and spice. Cover and let sit until thickened, about 5 minutes. Uncover and let cool to room temperature, about 5 minutes.

Scoop the cinnamon oatmeal into the child's bowl. Mash a stewed apple half into the oatmeal. Sprinkle with ground walnut.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Stewed apple keeps in an air-tight container in the fridge for 1 week.

★ Tip

If you like, serve the second stewed apple half with a sprinkle of ground walnut as an optional side. Let baby try to pick up the fruit independently—or pass it in the air if baby needs help.



This recipe contains common allergens: dairy and tree nut (walnut). Only serve to a child after each of these individual allergens have been introduced safely.

22. Apple Compote and Ricotta Cheese Bowl

Yield: 1 cup (1 child-sized serving)

Time: 20 minutes

Age: 6 months +

1 cup fresh whole milk ricotta cheese or silken tofu

1 navel orange

1 apple

1 cinnamon stick (optional)

1 slice of bread or thin rice cake (optional)

1 pinch ground pecan (optional)

To Prepare

Scoop the ricotta cheese into the child's bowl.

Wash and dry the orange. Zest 1 teaspoon of orange rind on top of the ricotta cheese. Stir to combine.

Let the mixture rest to allow the orange flavor to infuse the cheese while you make the compote.

Wash, peel, and halve the apple. Remove and discard the core, seeds, and stem. Cut the apple halves into thin slices.

Place the apple slices in a small pot. Add 1 cup of water, the cinnamon stick, and 2 slices of orange, taking care to remove any seeds from the slices. Cover the pot and bring to a boil, then lower the heat to medium.

Cook until the apple pieces have softened but still retain their shape, about 10 minutes. Strain the apple pieces from the stewing liquid and let cool to room temperature. Discard the cinnamon stick and orange slices. Reserve the stewing liquid for another use, such as tea or a smoothie.

Scoop some apple slice on top of the ricotta cheese. Exact serving size is variable. Let a baby's appetite determine how much is eaten. Sprinkle ground pecan on top.

Lightly toast the bread, then cut off the crust. Reserve the crust for another use, such as breadcrumbs. Cut the toast into strips about the size of two adult fingers pressed together—or keep the toast whole for older children.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or toast in the air for the child to grab.

To Store

Apple compote keeps in an air-tight container in the fridge for 1 week.

★ Tip

Kids love choice! Try serving the dish two ways by thinly spreading some ricotta cheese and apple compote on top of the toast strips.

This recipe contains common allergens: dairy or soy, tree nut (pecan), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.



23. Banana Chickpea Flour Pancakes

Yield: 6-8 pancakes (3-4 child-sized servings)

Time: 30 minutes

Age: 6 months +

1 ripe banana
¾ cup whole milk or fortified unsweetened plant-based milk of choice
1 teaspoon pure vanilla extract
1 cup chickpea flour
1 teaspoon baking powder
1 teaspoon ground cardamom, cinnamon, nutmeg, or warm spice of choice
2 tablespoons unrefined virgin or extra virgin coconut oil
(ideally from a BPA-free container)
½ cup fresh ricotta cheese or silken tofu (optional)
1 teaspoon smooth peanut butter (optional)
½ ripe banana (optional)
1 teaspoon ground peanut (optional)

To Prepare

Peel and mash the banana in a mixing bowl. Whisk in the milk and vanilla. Whisk the dry ingredients in a separate, larger mixing bowl.

Slowly pour the wet ingredients into the dry ingredients, whisking to combine. Lumps are okay!

Warm the oil in a large skillet set on medium heat. When it shimmers, add a spoonful of batter (about 2 tablespoons) and use the back of the spoon to gently flatten the batter into a round pancake. Repeat—taking care not to overcrowd the skillet with pancakes. Cook until the bottoms are golden, about 3 minutes. Flip the pancakes, then cook until the other side starts to brown. Transfer to a plate. Repeat until all batter is used. Cool pancakes to room temperature.

Whisk the ricotta cheese and peanut butter until smooth, adding more cheese to loosen the dip as needed. There should be no clumps of peanut butter.

Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the banana spears in ground peanut.

Offer 2 or 3 pancakes with some peanut butter ricotta dip and banana spears on the side. Exact serving size is variable. Let the child's appetite determine how much is eaten.



To Serve

Let the child self-feed with hands. If help is needed, pass a pancake in the air for the child to grab—or swipe the pancake in the peanut butter ricotta cheese to teach how to dip!

To Store

The batter needs to be used right away, but leftover pancakes can be stored in an air-tight container in the fridge for 2 days or the freezer for 2 months.

★ Tip

Keep leftover pancakes from sticking together in the freezer: When the pancakes have cooled, lay the leftovers in a single layer on a sheet pan, then freeze. Once the pancakes are completely frozen (after about 4 hours), transfer them to an air-tight container.

This recipe contains allergens: dairy and/or soy, coconut, and peanut. Only serve to a child after these foods have been introduced safely.

24. Beans and Greens with Turkey Sausage

Yield: 4 cups (1-2 child-sized servings + 2-3 adult-sized servings)

Time: 30 minutes

Age: 6 months +

10 ounces packed fresh or frozen spinach
1 pound fresh or frozen ground turkey
1 ½ cups cooked cannellini beans (ideally BPA-free if canned)
1 onion
1 garlic clove
2 teaspoons olive oil
½ cup water or unsalted meat or vegetable stock (ideally BPA-free if store-bought)
½ cup unsweetened whole milk yogurt or fortified plant-based yogurt (optional)
1 pinch hemp seeds (optional)

To Prepare

Defrost, wash, and chop the spinach. If you like, pick and discard any stems.

Defrost the meat.

Rinse the beans to remove excess sodium. If baby is younger than 12 months of age or just starting finger food, gently flatten the beans with a fork to reduce the choking risk.

Peel and mince the onion and garlic.

Warm the oil in a large skillet set on medium heat. When it shimmers, add the onion and garlic and stir to coat. Cook, stirring occasionally, until fragrant and soft, about 5 minutes.

Add the ground turkey to the skillet and stir to break up the meat into crumbles. Cook, stirring occasionally, until the meat is fully cooked and no pink remains, about 15 minutes.

Add the spinach and beans, and stir to coat. Pour in the water or stock, then cover the skillet and turn the heat to low. Cook until the beans have warmed and the greens have brightened in color and wilted, about 5 minutes.

Remove the skillet from the heat. Cool the bean-spinach mixture to room temperature.

Scoop the yogurt into the child's bowl, then top with some beans and greens with turkey sausage. Exact serving size is variable. Let the child's appetite



determine how much is eaten. Sprinkle hemp seeds on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl/plate or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover beans and greens with turkey sausage keeps in an air-tight container in the fridge for 1 week.

★ Tip

This recipe makes great leftovers for adults and kids alike! For adults, simply season with a dash of salt and your favorite seasonings before serving. For older kids, try different ways of serving. Beans and greens on top of toasted bread or wrapped in a taco are favorites!

This recipe contains a common allergen: dairy. Only serve to a child after this allergen has been introduced safely.

25. Blueberry Buttermilk Pancakes

Yield: 6-8 pancakes (3-4 child-sized servings)

Time: 30 minutes

Age: 6 months +

4 tablespoons unsalted butter or vegan butter, separated
¾ cup buttermilk or unsweetened fortified plant-based milk
2 eggs
½ teaspoon pure vanilla extract
½ cup whole wheat flour or chickpea flour
¼ cup corn flour, nut flour, or alternative grain flour (such as quinoa flour or oat flour)
1 teaspoon baking powder
⅛ teaspoon ground cinnamon
½ cup fresh or frozen blueberries
½ cup unsweetened whole milk yogurt or fortified plant-based yogurt (optional)
1 pinch ground pecan (optional—skip if you like or use any other ground nut that has been safely introduced)

To Prepare

Melt 2 tablespoons of butter. Pour the melted butter into a mixing bowl. Let cool slightly, then whisk in the buttermilk, eggs, and vanilla extract.

Whisk the dry ingredients in a separate, larger mixing bowl.

Slowly pour the wet ingredients into the dry ingredients, whisking to combine. Lumps are okay!

Warm the remaining 2 tablespoons of butter in a large skillet set on medium heat. When the butter is done foaming, add a spoonful of batter (about 2 tablespoons) and use the back of the spoon to gently flatten the batter into a round pancake. Sprinkle a few berries on top of the pancake. Repeat—taking care not to overcrowd the skillet with pancakes.

Cook until the bottoms are golden, about 3 minutes. Flip the pancakes, then cook until the other side starts to brown. Transfer to a plate. Repeat until all batter is used. Cool pancakes to room temperature.

Offer 2 or 3 pancakes with some yogurt on the side and a sprinkle of ground pecan. Exact serving size is variable. Let the child's appetite determine how much is eaten.

To Serve

Let the child to self-feed with hands. If help is needed, pass a pancake in the air for the child to grab—or swipe the pancake in the yogurt to teach how to dip!



To Store

The batter needs to be used right away, but leftover pancakes can be stored in an air-tight container in the fridge for 2 days or the freezer for 2 months.

★ Tip

Use this hack to keep leftover pancakes from sticking together in the freezer: When the pancakes have cooled, lay the leftovers in a single layer on a sheet pan, then freeze. Once the pancakes are completely frozen (after about 4 hours), transfer them to an air-tight container. When you're ready to serve pancakes in the future, simply grab a couple from the container rather than defrosting the whole batch.

This recipe contains common allergens: dairy, egg, tree nut (pecan), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.

26. Butternut Squash and Ricotta Cheese Frittata

Yield: 1 cup (1-2 child-sized servings)

Time: 30 minutes

Age: 6 months +

1/4 cup fresh or frozen butternut squash cubes

3 eggs

1 tablespoon whole milk or unsweetened fortified plant-based milk (optional)

1 teaspoon olive oil

2 tablespoons fresh whole milk ricotta cheese or silken tofu

1/4 cup fresh or frozen blueberries (optional)

1 pinch sesame seed (optional)

To Prepare

Defrost, wash, and steam the squash cubes until soft. Mash or dice any large cubes of squash.

Let cool slightly.

Whisk the eggs to combine the yolks and whites, then whisk in the milk. Stir in the squash.

Warm the oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg-squash mixture. Cover and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes.

Dollop the ricotta cheese on top of the frittata. Cover and cook until the cheese has started to melt and the frittata's inside is completely done, about 3 minutes more.

Remove the frittata from the pan. Cut the frittata into strips about the width of two adult fingers pressed together. Cool to room temperature.

Defrost and wash the blueberries. Remove and discard any stems. Use a fork or finger to flatten the berries.

Scoop some frittata strips onto the child's plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the flattened blueberries on the side. Sprinkle sesame seed over the food.

To Serve

Let the child self-feed with hands. If help is needed, pass a piece of food in the air for the child to grab.

To Store

Leftover frittata keep in an air-tight container in the fridge for 4 days or in the freezer for 2 months.

This recipe contains common allergens: dairy and/or soy, egg, and sesame. Only serve to a child after each of these individual allergens have been introduced safely.



27. Cranberry Sauce on Ricotta Cheese

Yield: 1 cup each ricotta (1 child-sized serving) + cranberry sauce (4-6 child-sized servings)

Time: 30 minutes

Age: 6 months +

1 cup fresh whole milk ricotta cheese or silken tofu

1 navel orange

1 cup fresh or frozen cranberries

1 cinnamon stick (optional)

1 teaspoon ground pistachio (optional—use any ground nut that has been safely introduced)

1 thin rice cake (optional)

To Prepare

Scoop the ricotta cheese into the child's bowl.

Wash and dry the orange.

Zest 1 teaspoon of orange rind on top of the ricotta cheese.

Stir to combine. Let the mixture rest to allow the orange flavor to infuse the cheese while you make the cranberry sauce.

Cut 1 or 2 wide strips of orange rind from the fruit. Set aside.

Juice the orange and discard the pith and any seeds.

Set aside $\frac{1}{4}$ cup of orange juice to make the cranberry sauce and store the rest for a future meal—or drink it as you cook.

Defrost and wash the cranberries. Remove any stems.

Warm the orange rind strips, orange juice, $\frac{1}{4}$ cup water, cranberries, and cinnamon stick in a pot set on medium-high heat. As soon as the mixture come to a boil, lower the heat to medium-low.

Cook until the cranberries have softened and burst, the liquid has reduced, and the mixture is saucy, about 20 minutes. Remove the orange peel and cinnamon stick from the stewing liquid.

Once the cranberry sauce has cooled to room temperature, drizzle a heaping spoonful (or more!) on top of the ricotta cheese. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle ground pistachio on top.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Cranberry sauce keeps in an air-tight container in the fridge for 2 weeks or in the freezer for 2 months.

★ Tip

Kids love choice! Try serving the dish two ways by thinly spreading some ricotta cheese and cranberry sauce on top of the thin rice cake.

This recipe contains common allergens: dairy or soy and tree nut (pistachio). Only serve to a child after each of these individual allergens have been introduced safely.

28. Curried Coconut Rice with Scrambled Egg

Yield: 1 ½ cups rice (2-3 child-sized servings)

Time: 30 minutes

Age: 6 months +

½ cup dry Basmati rice

½ cup full-fat coconut milk (ideally BPA-free if canned)

½ cup water

½ teaspoon sweet curry powder

1 egg

1 teaspoon olive oil

½ cup unsweetened whole milk yogurt or fortified plant-based yogurt (optional)

½ teaspoon ground peanut (optional)

To Prepare

Rinse the rice to remove dirt and debris.

Place the rice, coconut milk, curry, and water in a small pot set on medium-high heat.

As soon as the mixture comes to a boil, turn the heat to medium-low and stir in the spice.

Cover the pot and cook until the grains are soft and have absorbed most of the liquid, about 15 minutes.

Remove the pot from the heat. Keep covered while the rice rests for 10 minutes. Uncover and use a fork to fluff the rice. Cool to room temperature.

Scramble the egg while the rice rests. Crack the egg into a small bowl. Whisk to combine the yolk with the white.

Warm the oil in a small non-stick skillet set on medium heat. When it shimmers, pour in the egg. Cook, stirring frequently, until the egg is fluffy and set, about 5 minutes.

Scoop the yogurt into the child's bowl, then top with the scrambled egg and some rice into a baby bowl and sprinkle ground peanut on top. Exact serving size is variable. Let the child's appetite determine how much rice is eaten.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover curried coconut rice keeps in an air-tight container in the fridge for 2 days.

★ Tip

Serving grains on top of soft foods like yogurt or mashed vegetables helps babies who are learning how to self-feed. The texture provides an easily scoopable food that clings to hard-to-scoop pieces of food like loose crumbles of meat, beans, greens, and rice.

This recipe contains allergens: dairy, coconut, egg, and peanut. Only serve to a child after these foods have been introduced safely.



29. Fried Rice with Scrambled Egg

Yield: 1 cup (1 child-sized serving)

Time: 20 minutes

Age: 6 months +

½ cup cooked Basmati rice

1 scallion

¼ teaspoon ground ginger

¼ teaspoon garlic powder

2 eggs

1-2 leaves and stalks baby bok choy (optional)

2 tablespoons sunflower oil

1 pinch nori seaweed flakes (optional for
18 months old and up)



To Prepare

Grab the rice from the fridge. If you've run out, use the [Curried Coconut Rice recipe](#) to make a fresh batch.

Wash and dry the scallion. Slice off and discard the root end. Mince the white and green parts.

Crack the eggs into a mixing bowl.
Whisk to combine the yolks with the whites.

Add the scallion, ground ginger, and garlic powder to the bowl. Whisk to combine with the eggs.

Wash and mince the bok choy. Set aside.

Warm the oil in a medium skillet set on medium-high heat. When it shimmers, add the rice and stir to coat.

Cook, stirring occasionally, until the rice is lightly toasted, about 5 minutes.

Add the bok choy and stir to coat in the oil and rice. Cook until the greens have brightened in color and wilted, about 2 minutes.

Pour the egg mixture into the skillet, stirring continuously to scramble the egg in the rice mixture.

Remove from the heat once the egg is fluffy and set, about 3 minutes.

Scoop the fried rice into a baby bowl. Cool to room temperature. Sprinkle nori seaweed flakes on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl/plate or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover fried rice keeps in an air-tight container in the fridge for 1 day.

*This recipe contains a common allergen: egg.
Only serve to a child after this allergen has been introduced safely.*

30. Hard-Boiled Egg Two Ways

Yield: ½ cup (1 child-sized serving)

Time: 20 minutes

Age: 6 months +

2 eggs

2 tablespoons unsweetened whole milk yogurt or vegan mayonnaise

1 pinch onion powder (optional)

2 ounces low-sodium Swiss cheese (1 ounce is about the size of an adult thumb)

1 pinch hemp seeds (optional)

To Prepare

Bring a pot of water to boil.

Gently lower the eggs into the boiling water.

Cover and cook for 13 minutes, then transfer the eggs to a bowl of ice water.

Peel the eggs once they are cool to the touch.
Discard the shells.

Cut one egg into quarters.

Mash and mix two quarters and the second egg with the mayonnaise or yogurt and the onion powder until mostly smooth. A little texture is okay but take care to smash any chunks of egg.

Slice the cheese into long, thin rectangles—about the width and thickness of a ruler.

Scoop the mashed egg onto the child's plate and lay the egg quarters and Swiss cheese on the side. Sprinkle hemp seeds on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the plate or next to the food for the child pick up. Alternatively, pass a pre-loaded utensil or a piece of food in the air for the child to grab.

To Store

Mashed egg salad keeps in an air-tight container in the fridge for 5 days.

This recipe contains common allergens: dairy and egg. Only serve to a child after each of these individual allergens have been introduced safely.



31. Huevos Rancheros (Egg in Tomato Salsa)

Yield: 2 cups (1 child-sized serving + 1 adult-sized serving)

Time: 30 minutes

Age: 6 months +

½ cup cooked black beans (ideally BPA-free if canned)

1 bell pepper (optional)

1 small onion

2 garlic cloves

2 large ripe beefsteak tomatoes or 1 ½ cup canned diced tomatoes (ideally from a BPA-free can)

1 tablespoon olive oil

½ teaspoon each ground cumin and ground sweet or smoked paprika

1 egg per person

1-2 pinches sesame seed (optional)

To Prepare

Rinse the beans to remove excess sodium. If baby is younger than 12 months of age or just starting finger food, gently flatten the beans with a fork to reduce the choking risk. Set aside.

Wash, dry, and halve the pepper. Remove and discard the stem, seeds, and pith. Mince the flesh.

Peel and mince the onion and garlic.

Wash the tomatoes. Remove and discard any stem. Dice the flesh, reserving the juice.

Warm the oil in a medium skillet set on medium heat. When it shimmers, add the pepper and onion and stir to coat. Cook, stirring occasionally, until the vegetables have softened, about 8 minutes.

Add the beans, garlic, chopped tomato with its juices, and spices to the skillet. Stir to coat. Cook, stirring occasionally, until the tomatoes have softened and the juice has started to reduce, about 10 minutes.

Use the back of a spoon to create shallow craters in the mixture—one for each egg. If you are not going to eat alongside baby, cook only one egg. Crack the eggs into the craters, then cover the pan and turn the heat to low.

Cook until the egg has fully set, between 10 and 15 minutes. Uncover and remove the skillet from the heat.

Scoop the egg and some of the salsa into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle sesame seeds on top. Cool to room temperature before serving.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover huevos rancheros keep in an air-tight container in the fridge for 5 days.

★ Tip

Store acidic foods like tomato sauce in a glass container, or in metal or plastic containers that are certified BPA-free. Acidic food leaches BPA and other chemicals from metals and plastics.

This recipe contains common allergens: egg and sesame. Only serve to a child after each of these individual allergens have been introduced safely.



32. Mushroom Swiss Cheese Frittata

Yield: 1 cup (1-2 child-sized servings)

Time: 30 minutes

Age: 6 months +

3 button mushroom, cremini mushroom, or shiitake mushroom caps

1/4 cup packed fresh or frozen spinach (optional)

2 teaspoons olive oil, separated

3 eggs

1 ounce low-sodium Swiss cheese

1 pinch sesame seed (optional)

To Prepare

Wash and dry the mushrooms. Remove the stems and reserve for another use, like stock. Mince the caps.

Defrost, wash, dry, and mince the spinach.

Warm 1 teaspoon of oil in a skillet set on medium heat. When it shimmers, add the mushrooms and stir to coat. Cook, stirring occasionally, until they have softened and released some of their liquid, about 8 minutes.

Add the spinach and stir to coat. Continue to cook until the greens have brightened and wilted, about 2 minutes more.

While the mushroom and spinach are cooking, whisk the eggs to combine the yolks and whites. Once the vegetables have softened in the skillet, pour in the eggs and stir to combine.

Cover and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes.

Shred the cheese on top of the frittata. Cover and cook until the frittata's inside is fully set, about 3 minutes more. Remove the frittata from the pan.

Cut the frittata into strips about the width of two adult fingers pressed together. Cool to room temperature.

Offer some frittata strips and sprinkle with sesame seeds. Exact serving size is variable. Let a child's appetite determine how much is eaten.

To Serve

Let the child self-feed with hands. If help is needed, pass a piece of food in the air for the child to grab.

To Store

Leftover frittata keep in an air-tight container in the fridge for 4 days or in the freezer for 2 months.

This recipe contains common allergens: dairy, egg, and sesame. Only serve to a child after each of these individual allergens have been introduced safely.



33. Orange Couscous

Yield: 2 ½ cups couscous (2-4 child-sized servings)

Time: 30 minutes

Age: 6 months +

1 cup dry instant couscous

1 navel orange

1 garlic clove

1 shallot or small onion

1 pinch ground cardamom, cinnamon, or nutmeg (optional)

1 cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

½ cup unsweetened whole milk yogurt, fortified plant-based yogurt, or leftover mashed veggies

1 pinch ground pistachio (optional—skip if you like or swap for any ground nut that's been safely introduced)

1 pinch sesame seed (optional)

To Prepare

Rinse the couscous to remove dirt and debris, then transfer to a mixing bowl.

Wash and dry the orange. Zest the rind into the bowl with the couscous.

Halve the orange. Cut one half into wedges and set aside.

Juice the other half of the orange. Pour the juice into a small pot.

Peel and mince the garlic and shallot. Add to the bowl with the couscous.

Stir the spice into the couscous mixture.

Add the water or stock to the pot with the orange juice. Bring to a boil, then pour the mixture into the bowl with the couscous. Let sit for 5 minutes, then fluff the couscous.

Scoop the yogurt or mashed veggies into the child's bowl, then scoop some couscous on top and nestle 1 or 2 orange wedges on the side. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle ground pistachio and sesame seed on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or an orange wedge in the air for the child to grab.

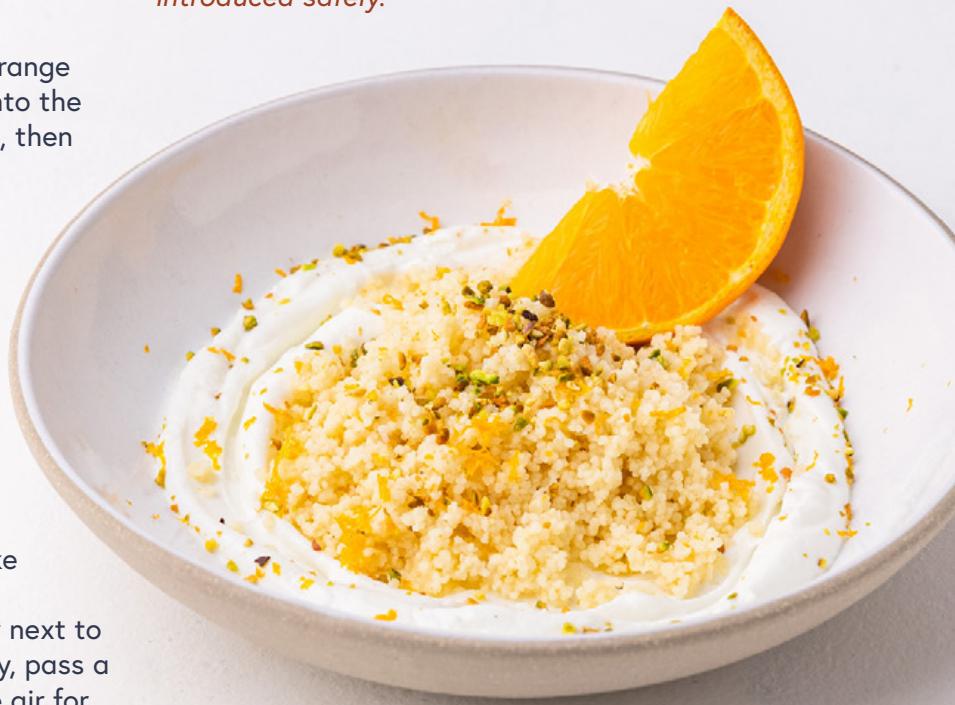
To Store

Orange couscous keeps when sealed in the fridge for 3 days. Cut orange keeps when sealed in the fridge for 1 week.

★ Tip

Serving couscous on top of soft foods like yogurt or mashed vegetables can help babies who are learning how to self-feed. The texture provides an easily scoopable food that clings to tiny, hard-to-scoop grains of couscous.

This recipe contains common allergens: dairy, sesame, tree nut (pistachio), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.



34. Pumpkin Ricotta Pancakes

Yield: 6-8 pancakes (3-4 child-sized servings)

Time: 30 minutes

Age: 6 months +

4 tablespoons unsalted butter or vegan butter, separated
2 eggs
 $\frac{3}{4}$ cup whole milk or unsweetened fortified plant-based milk
 $\frac{1}{4}$ cup pumpkin puree
 $\frac{1}{2}$ cup fresh whole milk ricotta cheese or silken tofu, separated
 $\frac{1}{2}$ teaspoon pure vanilla extract
 $\frac{1}{2}$ cup whole wheat flour or chickpea flour
 $\frac{1}{4}$ cup corn flour, nut flour, or alternative grain flour (such as quinoa flour or oat flour)
1 teaspoon baking powder
 $\frac{1}{8}$ teaspoon ground cinnamon
1 ripe banana
1 teaspoon ground pecan (optional—skip if you like or use any ground nut that has been safely introduced)



To Prepare

Melt 2 tablespoons of butter. Pour the melted butter into a mixing bowl. Let cool slightly, then whisk in the eggs, milk, pumpkin puree, $\frac{1}{4}$ cup of ricotta cheese, and vanilla extract until smooth.

Whisk the dry ingredients in a separate, larger mixing bowl. Slowly pour the wet ingredients into the dry ingredients, whisking to combine. Lumps are okay!

Warm the remaining 2 tablespoons of butter in a large skillet set on medium heat. When the butter is done foaming, add a spoonful of batter (about 2 tablespoons) and use the back of the spoon to gently flatten the batter into a round pancake. Repeat—taking care not to overcrowd the skillet with pancakes.

Cook until the bottoms are golden, about 3 minutes. Flip the pancakes, then cook until the other side starts to brown. Transfer to a plate. Repeat until all batter is used. Cool pancakes to room temperature.

Cut the banana in half crosswise. Peel one half and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in ground pecan. Store the other half of the banana for a future meal—or snack on it as baby eats.

Offer 2 or 3 pancakes with the remaining ricotta cheese on the side and a sprinkle of ground pecan.

Exact serving size is variable. Let the child's appetite determine how much is eaten.

To Serve

Let the child self-feed with hands. If help is needed, pass a pancake in the air for the child to grab—or swipe the pancake in the ricotta cheese to teach how to dip!

To Store

The batter needs to be used right away, but leftover pancakes can be stored in an air-tight container in the fridge for 2 days or the freezer for 2 months.

★ Tip

Use this hack to keep leftover pancakes from sticking together in the freezer: When the pancakes have cooled, lay the leftovers in a single layer on a sheet pan, then freeze. Once the pancakes are completely frozen (after about 4 hours), transfer them to an air-tight container.

This recipe contains common allergens: dairy and/or soy, egg, tree nut (pecan), and wheat. Only serve to a child after each of these individual allergens have been introduced safely.

35. Rainbow Veggie Frittata

Yield: 1 cup (1-2 child-sized servings)

Time: 30 minutes

Age: 6 months +

1/4 cup fresh or frozen butternut squash cubes
1/4 cup fresh or frozen broccoli florets (optional)
1 small red bell pepper
2 teaspoons olive oil, separated
3 eggs
2 tablespoons fresh whole milk ricotta cheese
or silken tofu (optional)
1 pinch sesame seed (optional)



To Prepare

Wash and mince the squash and broccoli.

Steam the veggies until soft. Let cool slightly.

Wash, dry, and halve the pepper. Remove and discard the stem, seeds, and pith. Mince one pepper half. Store the other half for a future meal—or snack on it as the child eats.

Warm the oil in a small non-stick skillet set on medium heat. When it shimmers, add the minced pepper and stir to coat. Cook, stirring occasionally, until soft, about 5 minutes.

Meanwhile, crack the eggs into a mixing bowl. Whisk to combine the yolks and whites, then whisk in the broccoli florets and squash.

Pour the egg mixture into the skillet with the pepper and stir to combine the vegetables and eggs.

Cover the skillet and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes.

Uncover and dollop the ricotta cheese on top of the frittata. Cover and cook until the frittata's inside is fully set, about 3 minutes more. Remove the frittata from the pan.

Cut the frittata into strips about the width of two adult fingers pressed together. Cool to room temperature.

Offer some frittata strips and sprinkle sesame seed on top. Exact serving size is variable. Let a child's appetite determine how much is eaten.

To Serve

Let the child self-feed with hands. If help is needed, pass a piece of frittata in the air for the child to grab.

To Store

Leftover frittata keeps in an air-tight container in the fridge for 4 days or in the freezer for 2 months.

This recipe contains common allergens: dairy or soy, egg, and sesame. Only serve to a child after each of these individual allergens have been introduced safely.

36. Salmon and Rice Bowl

Yield: 1 ½ cups rice (2-3 child-sized servings)

Time: 30 minutes

Age: 6 months +

½ cup Basmati rice

1 cup water or unsalted meat or vegetable stock
(ideally BPA-free if store-bought)

1 ounce "no salt-added" wild sockeye salmon
(ideally from a BPA-free container)

1 small turnip (optional—swap for carrot, potato, rutabaga, or any root vegetable)

½ teaspoon sesame seed (optional)

½ teaspoon nori seaweed flakes (optional for 18 months old+)

To Prepare

Prepare the rice. Rinse the rice to remove dirt and debris. If you have extra time, soak the rice for 30 minutes prior to cooking. Don't worry if you're in a rush and need to cook right away. It will be fine!

Place the rice and water or stock in a small pot set on medium-high heat. As soon as the mixture comes to a boil, turn the heat to medium-low. Cover the pot and cook until the grains are soft and have absorbed most of the liquid, about 15 minutes.

Remove the pot from the heat. Keep covered while the rice rests for 10 minutes. Uncover and use a fork to fluff the rice. Cool to room temperature.

Prepare the salmon. Open the can and measure 1 ounce, which is about the size of an adult thumb. Rinse the salmon to remove excess sodium, then flake the fish. Store the can in the fridge for a future meal—or make yourself a bowl of salmon salad to eat alongside baby.

Prepare the turnip. Wash, dry, and peel the turnip, then cut into wedges. Steam the wedges until soft, about 10 minutes. Drain the wedges, then mash until mostly smooth. A little texture is okay as long as there are no large clumps.

Scoop some mashed turnip into the child's bowl and top with some rice. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle the salmon flakes, sesame seeds, and nori seaweed flakes on top.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover rice keeps in an air-tight container in the fridge for 2 days. An open can of fish keeps when sealed in the fridge for 2 days.

★ Tip

Want to serve freshly-cooked salmon instead of canned fish? Go right ahead. Just make sure to remove the bones and cook the fish until it's well done, with no translucent flesh, and check that the fillet's internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius.

This recipe contains common allergens: fish and sesame. Only serve to a child after each of these individual allergens have been introduced safely.

37. Sesame Hummus and Cucumber Bowl

Yield: 2 cups hummus (2-4 child-sized servings) + $\frac{1}{2}$ cup cucumber (1 child-sized serving)

Time: 20 minutes

Age: 6 months +

1 $\frac{1}{2}$ cups cooked chickpeas (ideally BPA-free if canned)

1 garlic clove

2 tablespoons lemon juice

2 tablespoons olive oil

2 tablespoons water

2 tablespoons sesame tahini

$\frac{1}{4}$ teaspoon each ground coriander, ground cumin and sweet or smoked paprika (optional)

1 slice or bread or thin rice cake

1 small cucumber

$\frac{1}{2}$ teaspoon sesame seed (optional)

To Prepare

Rinse and dry the chickpeas to remove excess sodium.

Peel the garlic.

Blend the chickpeas, garlic, lemon juice, oil, water, tahini, and seasoning until creamy and smooth. If the hummus is thick, add another splash or two of water as needed and continue to blend until the desired consistency is reached.

Wash and dry the cucumber—and decide whether you want to keep the skin on or off. Skin on is totally fine and adds grip to the slippery food. Skin off is fine, too. You decide!

Cut half the cucumber into age-appropriate sizes. Store the other cucumber half for future meals—or snack on it as baby eats.

Lightly toast the bread. Cut off the crust and discard or reserve for another use, like breadcrumbs. Cut the toast into strips about the width of two adult fingers pressed together.

Scoop some hummus into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle sesame seeds on top.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab. You can also show the child how to dip by swiping a piece of toast in the hummus.

To Store

Hummus keeps in air-tight containers in the fridge for 1 week. Cut cucumber keeps in an air-tight container filled with water and stored in the fridge for 1 week.

★ Tip

You need a high-powered food processor or blender to make creamy, smooth hummus. If you don't have one, make a chickpea mash by smashing and mixing the chickpeas, garlic, lemon juice, oil, and tahini until mostly smooth. A little texture is okay as long as there are no whole chickpeas or clumps of sesame tahini.

This recipe contains common allergens: sesame and wheat. Only serve to your child after each of these allergens have been introduced safely.

38. Spinach & Goat Cheese Frittata

Yield: 1 cup (1-2 child-sized servings)

Time: 30 minutes

Age: 6 months +

½ cup packed fresh or frozen spinach

1 small onion

2 teaspoons olive oil, separated

3 eggs

1 tablespoon fresh goat's cheese

1 slice of bread or thin rice cake (optional)

½ teaspoon hemp seed (optional)

To Prepare

Defrost, wash, and mince the spinach.

If you like, pick and discard any stems.

Peel and mince the onion.

Warm 1 teaspoon of oil in a small non-stick skillet set on medium heat. When it shimmers, add the onion and stir to coat. Cook, stirring occasionally, until the onions have softened, about 5 minutes.

Add the spinach and stir to coat. Cook, stirring occasionally, until the greens have brightened in color and wilted, about 5 minutes.

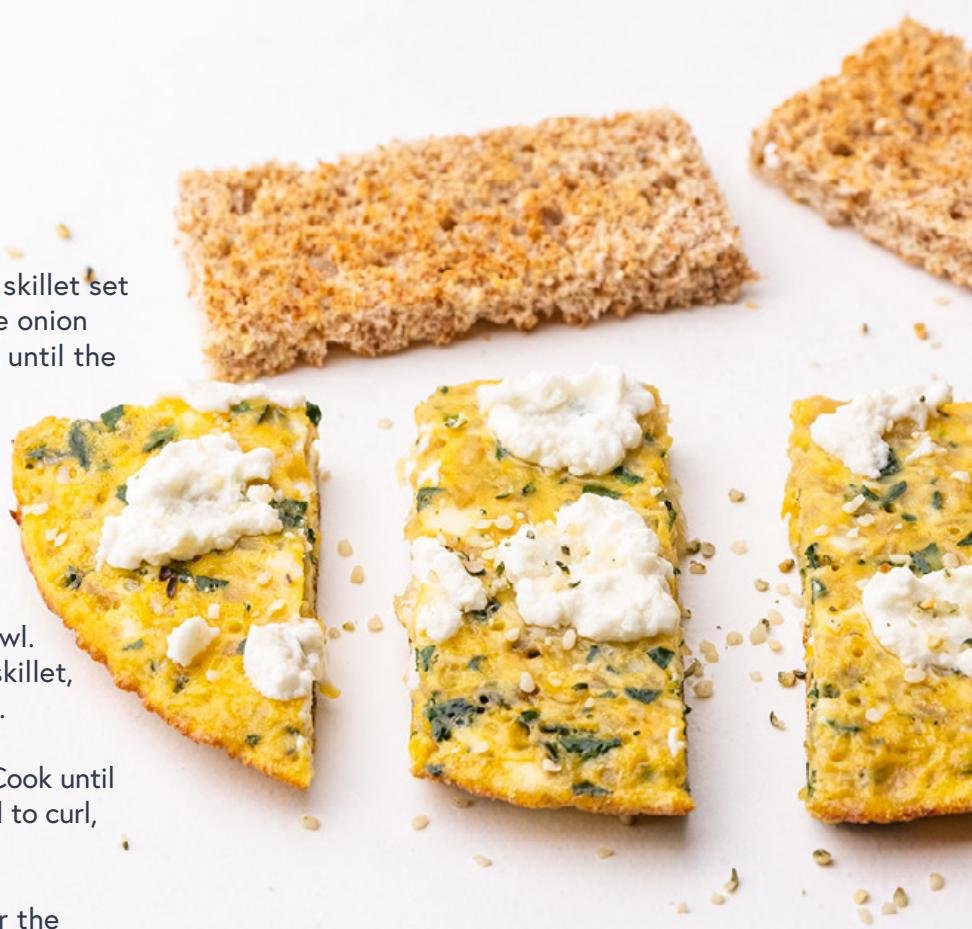
Meanwhile, crack the eggs into a mixing bowl. Once the vegetables have softened in the skillet, pour in the egg mixture and stir to combine.

Cover the skillet and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes.

Uncover and crumble the goat's cheese over the frittata. Cover and cook until the frittata's inside is completely done, about 3 minutes more. Remove from the pan.

Cut the frittata into strips about the width of two adult fingers pressed together. Cool to room temperature.

Lightly toast the bread. Cut off and discard or reserve the crusts for another use, like breadcrumbs. Cut the toast into strips about the width of two adult fingers pressed together. Offer some frittata strips and sprinkle hemp seed on top. Exact serving size is variable. Let a child's appetite determine how much is eaten.



To Serve

Let the child self-feed with hands. If help is needed, pass a piece of frittata in the air for the child to grab.

To Store

Leftover frittata keep in an air-tight container in the fridge for 4 days or in the freezer for 2 months.

This recipe contains common allergens: dairy, egg, and wheat. Only serve to a child after each of these individual allergens have been introduced safely.

39. Sweet Potato Mash

Yield: 1 cup (1 child-sized serving)

Time: 20 minutes

Age: 6 months +

1 medium sweet potato

1 slice of bread or thin rice cake (optional)

1 pinch cinnamon (optional)

To Prepare

Bring a pot of water to a boil.

Peel the potato skin, then cut the flesh into chunks.

Transfer the potato chunks to the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, between 10 and 15 minutes. Drain.

Mash the potato in a mixing bowl until smooth, adding a splash of water to loosen the mixture as needed. A little texture is okay as long as there are no large clumps. Cool to room temperature.

Lightly toast the bread. Cut off and pulverize the crusts to make breadcrumbs. Cut the toast into strips about the width of two adult fingers pressed together.

Scoop some mashed sweet potato into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten.

Sprinkle cinnamon and breadcrumbs on top.

To Serve

Offer the bowl and the toast and let baby self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab. You can also show the child how to dip by swiping a piece of toast in the mash and passing it to the child.

To Store

Leftover mashed sweet potato keeps in an air-tight container in the fridge for 3 days.

★ Tip

Stir in a dollop of mascarpone cheese, ricotta cheese, or yogurt to the mashed sweet potato for a creamier texture and added nutrition.

This recipe contains a common allergen: wheat. Only serve to your child after this allergen has been introduced safely.



40. Vegan Apple Pancakes with No Added Sugar and No Gluten

Yield: 6-8 pancakes (3-4 child-sized servings)

Time: 30 minutes

Age: 6 months +

¾ cup oat flour
¼ cup instant rolled oats
1 teaspoon baking powder
½ teaspoon ground cinnamon
1 cup no sugar-added applesauce
¼ cup unsweetened oat milk or fortified plant-based milk of choice
1 teaspoon apple cider vinegar
½ teaspoon baking soda
2 tablespoons or more unrefined virgin or extra virgin coconut oil (ideally from a BPA-free container)
½ cup unsweetened plant-based yogurt of choice (optional)
1 tablespoon smooth almond butter (optional—skip if you like or use any smooth nut or seed butter)
1 pinch ground almond (optional)

To Prepare

Add all ingredients except the apple cider vinegar, baking soda, and oil to a mixing bowl.

Whisk the ingredients until they are combined and no streaks of flour remain. Lumps are okay!

Use a fork to mix the baking soda and vinegar in a small bowl. This will create an eruption of bubbles so be sure to use a deep bowl to prevent overflow! Immediately add the mixture to the pancake batter.

Warm the oil in a large non-stick skillet set on medium heat. Swirl the oil in the skillet then scoop a spoonful of batter (about 2 tablespoons) into the skillet and use the bottom of the spoon to gently flatten the scoop into a circle. Repeat—taking care not to overcrowd the skillet with pancakes.

Cook until the bottoms are golden, about 3 minutes. Flip the pancakes, then cook until the other side starts to brown. Transfer to a plate. Repeat until all batter is used. Cool pancakes to room temperature.

Whisk the yogurt and almond butter until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of almond butter.



Offer 2 or 3 pancakes with some almond butter yogurt dip on the side and a sprinkle of ground almond.

Exact serving size is variable. Let the child's appetite determine how much is eaten.

To Serve

Let the child to self-feed with hands. If help is needed, pass a pancake in the air for the child to grab—or swipe the pancake in the almond butter yogurt to teach how to dip!

To Store

The batter needs to be used right away, but leftover pancakes can be stored in an air-tight container in the fridge for 2 days or the freezer for 2 months.

★ Tip

No sugar-added applesauce is easy to make at home. All you need to do is stew an apple until it's soft, then mash it. You can also swap the applesauce for a mash, puree, or sauce of another sweet fruit or vegetable—banana, beet, carrot, mango, pear, or pumpkin are all delicious.

This recipe contains allergens: coconut and tree nut (almond). Only serve to a child after these foods have been introduced safely.

41. Apple Turnip Mash

Yield: 3 cups (1-2 child-sized servings + 2-3 adult-sized servings)

Time: 40 minutes

Age: 6 months +

1 small apple (about $\frac{1}{2}$ cup chopped)
2 medium turnips (about 2 cups chopped)
1 cup full-fat unsweetened coconut milk, whole milk, or unsweetened fortified plant-based milk
2 tablespoons unsalted butter or vegan butter (optional)
1 pinch sweet curry powder (optional)
1 slice of bread or thin rice cake (optional)
1 pinch ground walnut (optional—skip if you like or swap for any ground nut that's been safely introduced)

To Prepare

Wash, peel, and chop the apples and turnips, taking care to remove and discard any stems and apple seeds.

Place the apples and turnips in a pot. Pour in the milk, then add just enough water to cover the produce.

Bring the pot to a boil, then immediately lower the heat to create a gentle simmer. Cook, stirring occasionally, until the apple chunks are falling apart and the turnip chunks are very soft and easily pierced with a knife, about 20 minutes.

Remove the pot from the heat. Drain the apple and turnip chunks, reserving the stewing liquid.

Mash the apple and turnip chunks until mostly smooth, adding some of the stewing liquid to loosen the mixture as needed. It should be soft and spreadable. A little texture is okay as long as there are no large clumps.

Stir in the butter and spice. Cool to room temperature.

Lightly toast the bread. Cut off and pulverize the crusts to make breadcrumbs and reserve for a future meal. Cut the toast into strips about the width of two adult fingers pressed together.

Scoop some apple turnip mash into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle ground walnut on top and stick in the toast strips.



To Serve

Let the child self-feed by scooping with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab. You can also show the child how to dip by swiping a piece of toast in the mash and passing it to the child.

To Store

Leftover apple turnip mash keeps in an air-tight container in the fridge for 5 days.

★ Tip

Don't like turnips? Celeriac, carrots, parsnips, rutabaga, and purple sweet potato are great substitutes!

This recipe contains allergens: dairy, tree nut (walnut), coconut, and wheat. Only serve to a child after these foods have been introduced safely.

42. Banana Strawberry Amaranth Porridge

Yield: 1 ½ cups (2-3 child-sized servings)

Time: 45 minutes

Age: 6 months +

½ cup dry amaranth (or millet, quinoa, teff, or another wheat-free grain)

½ cup water

½ cup full-fat unsweetened coconut milk (ideally from a BPA-free container)

1 cinnamon stick (optional)

1 ripe banana

3 fresh large ripe strawberries or ¼ cup frozen strawberries

½ teaspoon ground pecan (optional—skip or swap for any ground nut that has been safely introduced)

To Prepare

Rinse the amaranth to remove dirt and debris.

Place the amaranth, water, coconut milk, and cinnamon stick in a pot. Cover and bring to a boil, then immediately turn the heat to medium-low.

Uncover and cook, stirring occasionally, until the grains are soft and most of the liquid has been absorbed, between 20 and 30 minutes. Turn off the heat. Discard the cinnamon stick.

Cut the banana in half crosswise. Peel one half, then mash and mix the flesh into the porridge until mostly smooth. A little texture is okay as long as there are no large clumps. Store the other half of the banana for a future meal—or snack on it as baby eats. Cool the porridge to room temperature.

Defrost, wash, and dry the strawberries. Cut away and discard the stems. If starting with fresh whole berries, set aside the largest berry to serve whole. Otherwise, mash or cut the strawberries into age-appropriate sizes.

Scoop some porridge into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Top with strawberry and a sprinkle of ground pecan.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or the whole berry in the air for the child to grab.



To Store

Amaranth porridge keeps in an air-tight container in the fridge for up to 1 week. Cut banana keeps in its peel in the fridge for up to 3 days—no need to wrap in plastic!

★ Tip

Porridge is a great vehicle to introduce favorite spices. Add cinnamon, cardamom, nutmeg, or your favorite warm spice to let the child experience a new flavor.

This recipe contains allergens: tree nut (pecan) and coconut. Only serve to a child after these foods have been introduced safely.

43. Beet and Carrot Mash

Yield: 3 cups (1-2 child-sized servings + 2-3 adult-sized servings)

Time: 40 minutes

Age: 6 months +

2 medium fresh or cooked carrots (about 1 cup chopped)

2 medium fresh or cooked beets (about 2 cups chopped)

1 cup full-fat unsweetened coconut milk, whole milk, or unsweetened fortified plant-based milk

1 pinch each ground cinnamon, coriander, and cumin (optional)

1 tablespoon sesame tahini (optional)

1 slice of bread or thin rice cake

½ cup unsweetened whole milk yogurt or fortified plant-based yogurt (optional)

1 pinch ground almond (optional—skip if you like or swap for any ground nut that's been safely introduced)

To Prepare

Wash, peel, and chop the carrots and beets, taking care to remove and discard any stems.

If you are starting with fresh vegetables, place the veggies in a pot, pour in the milk, and add enough water to just cover the veggies. Stir in the spice. Cover and bring the pot to a boil, then immediately turn the heat to low. Cook, stirring occasionally, until the veggies are very soft and easily pierced with a knife, about 40 minutes. Remove the pot from the heat. Drain the veggies, reserving the stewing liquid.

If you are starting with cooked veggies, warm the milk and spice and proceed.

Mash the veggies and sesame tahini until mostly smooth, adding some of the stewing liquid to loosen the mixture as needed. It should be soft and spreadable. A little texture is okay as long as there are no large clumps of veggie or sesame tahini. Cool to room temperature.

Lightly toast the bread. Cut off and pulverize the crusts to make breadcrumbs and reserve for a future meal. Cut the toast into strips about the width of two adult fingers pressed together.

Scoop some beet carrot mash into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle ground almond on top and stick in the toast strips.

To Serve

Let the child self-feed by scooping with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass



a pre-loaded utensil in the air for the child to grab. You can also show the child how to dip by swiping a piece of toast in the mash and passing it to the child.

To Store

Leftover beet carrot mash keeps in an air-tight container in the fridge for 5 days.

★ Tip

Cut prep time in half by making this recipe for lunch or dinner—then use leftovers for breakfast. Simply reheat with a splash of water to loosen the mash, then scoop into a bowl. Breakfast is served!

This recipe contains allergens: dairy, sesame, tree nut (almond), coconut, and wheat. Only serve to a child after these foods have been introduced safely.

44. Broccoli Swiss Cheese Egg Cups

Yield: 12 egg cups (6-12 child-sized servings)

Time: 45 minutes

Age: 6 months +

2 tablespoons unsalted butter, separated
2 cups fresh or frozen broccoli florets
2 garlic cloves
1 small onion
3 ounces low-sodium Swiss cheese (1 ounce is about the size of an adult thumb)
8 eggs
 $\frac{1}{2}$ teaspoon ground pepper (optional)
1 tablespoon nutritional yeast (optional)
1 navel orange (optional)

To Prepare

Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius.

Grease a 12-cup muffin tin with $\frac{1}{2}$ tablespoon of butter.

Defrost, wash, and mince the broccoli florets.

Peel and mince the garlic and onion.

Warm the remaining $1\frac{1}{2}$ tablespoons of butter in a skillet set on medium heat. When the butter is done foaming, add the onions and garlic and stir to coat. Cook, stirring occasionally, until the mixture is fragrant and the onions are soft, about 5 minutes.

Add the broccoli to the skillet and stir to coat with the garlic and onions. Cook, stirring occasionally, until the broccoli has brightened in color and softened, about 5 minutes. Remove the skillet from the heat. Cool slightly.

Shred the cheese.

Crack the eggs into a mixing bowl, then whisk to combine the yolks with the whites. Stir in the pepper, shredded cheese, and cooled veggies.

Pour the egg-veggie mixture into the muffin cups, taking care to evenly distribute the mixture across the cups.

Bake until the egg cups are slightly puffed, firm to the touch, and golden, about 20 minutes.



Remove the muffin tin from the oven. Sprinkle nutritional yeast on top of each cup for extra flavor.

Cool to room temperature before serving.

Offer 1 or 2 egg cups with some orange wedges on the side. Exact serving size is variable. Let the child's appetite determine how much is eaten.

To Serve

Let the child self-feed with hands. If help is needed, pass a piece of food in the air for the child to grab.

To Store

Leftover egg cups keep in an air-tight container in the fridge for 5 days or in the freezer for 2 months.

This recipe contains common allergens: dairy and egg. Only serve to a child after each of these individual allergens have been introduced safely.

45. Carrot Tofu Congee (Rice Porridge with Carrot and Tofu)

Yield: 4 cups (4-8 child-sized servings)

Time: 1 hour + overnight soak

Age: 6 months +

1 cup Basmati rice
2 medium carrots
2 scallions
5 cups water or unsalted meat or vegetable stock (ideally from a BPA-free container)

1 cup unsweetened full-fat coconut milk (ideally from a BPA-free container)

2 ounces firm tofu (1 ounce is about the size of an adult thumb)

1-2 leaves and stalks baby bok choy (optional)

2 teaspoons unrefined virgin or extra virgin coconut oil (ideally from a BPA-free container)

1 pinch sesame seed (optional)

1 pinch nori seaweed flakes (optional for 18 months old+)



To Prepare

The night before you plan to serve congee, rinse the rice to remove dirt and debris, then soak in a bowl of water in the fridge. When you are ready to cook, drain the rice.

Wash, peel, and dice the carrots. Wash the scallions. Keep them whole.

Combine the drained rice, carrot, scallion, coconut milk, and water or stock in a pot. Cover and bring the mixture to a boil, then immediately turn the heat to medium-low.

Uncover and cook, stirring occasionally, until the grains of rice are plump and falling apart and the mixture is creamy, up to 1 hour. If the congee gets too thick before the rice has fully cooked, add more liquid to keep the mixture smooth like porridge.

Remove the pot from the heat. Remove and discard the scallions. Break apart any large pieces of carrot. Cool to room temperature.

While the congee cools, wash, dry, and mince the tofu and bok choy. Warm the oil in a medium skillet set on medium-high heat. When it shimmers, add the bok choy and tofu and stir to coat. Cook until the greens have brightened in color and wilted and the tofu is golden, about 3 minutes. Remove the skillet from the heat. Cool to room temperature.

Scoop some congee into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle the bok choy, tofu, sesame seed, and nori seaweed flakes on top.

To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Leftover congee keeps in an air-tight container in the fridge for 5 days or in the freezer for 2 months.

★ Tip

Save yourself time! Measure leftover congee into ½-cup or 1-cup containers before freezing. This way, you'll have fast access to child-sized servings at future mealtimes.

This recipe contains allergens: sesame, coconut, and soy. Only serve to a child after these foods have been introduced safely.

46. Kasha (Buckwheat Porridge)

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes + overnight soak

Age: 6 months +

1/4 cup dry buckwheat groats

1 ripe banana

1/4 cup whole milk, unsweetened full-fat coconut milk, or unsweetened fortified plant-based milk

1/4 teaspoon vanilla extract

1/4 cup fresh or frozen pitted cherries (optional)

To Prepare

Beginning the night before you plan to cook, rinse buckwheat groats. Place the groats in a bowl and add water to cover by two inches. Store in the fridge overnight.

Remove the bowl of buckwheat groats from the fridge. Drain.

Cut the banana in half crosswise. Peel one half. Store the other for a future meal or snack on it as baby eats.

Place the drained buckwheat groats in a blender or a small food processor. Add the peeled banana half, milk, and vanilla extract. Pulse until smooth.

Warm the buckwheat porridge in a small saucepan over medium-low heat. When the mixture has thickened (after about 10 to 20 minutes of cooking), remove the pot from the heat. Scoop the mixture into a baby bowl. Cool to room temperature.

Defrost and wash the cherries. Remove any stems and pits. Cut the cherries into age-appropriate sizes.

Sprinkle the cherries on top of the kasha.

To Store

Leftover kasha keeps in an air-tight container in the fridge for 3 days or in the freezer for 2 months.

This recipe contains allergens: dairy and coconut. Only serve to a child after these foods have been introduced safely.



To Serve

Let the child self-feed with hands. If you'd like to encourage the use of a utensil, simply pre-load the utensil and rest it on the edge of the bowl/plate or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

47. Kiribath (Coconut Milk Rice with Cinnamon)

Yield: 3 cups (3-6 child-sized servings))

Time: 1 hour and 15 minutes

Age: 6 months +

1 cup Basmati rice

2 cups water

¾ cup unsweetened full-fat coconut milk (ideally from a BPA-free container)

½ teaspoon ground Ceylon cinnamon

1 teaspoon unrefined virgin or extra virgin coconut oil (ideally from a BPA-free container)

1 teaspoon sesame seed (optional)

2-3 navel orange wedges (optional)

To Prepare

Rinse the rice to remove dirt and debris. Soak in a bowl of water for 30 minutes prior to cooking. Drain.

Transfer the drained rice to a medium pot and add 2 cups of water. Stir to coat the grains in the water.

Cover and bring the pot to a boil, then immediately lower the heat to create a gentle simmer. Cover and cook until the rice starts to become tender and most of the water has been absorbed, between 10 and 20 minutes.

Stir in the coconut milk and cinnamon.

Cover and continue to cook on low heat until the rice has absorbed the milk, about 10 minutes. If the rice is still firm, add a splash or two of hot water and continue to cook until tender.

While the rice is cooking, grease a shallow baking dish with the oil.

When the rice is done, remove the pot from the heat, uncover, and let cool for 5 minutes, then transfer the rice to the prepared dish or platter.

Use your hands or the back of a spoon to flatten the rice into the shape of the container. Sprinkle with sesame seeds. Cool to room temperature. Kiribath congeals and firms up as it cools.

Cut the kiribath into rectangles, squares, or triangles.

Offer 1 or 2 shapes to the child with some orange wedges. Exact serving size is variable. Let a child's appetite determine how much is eaten.



To Serve

Let the child self-feed with hands. If help is needed, pass a piece of kiribath in the air for the child to grab. Eat a portion alongside the child to show how it's done!

To Store

Leftover kiribath keeps in an air-tight container in the fridge for 1 week.

This recipe contains allergens: sesame and coconut. Only serve to a child after these foods have been introduced safely.

48. Mangú (Mashed Plantain) with Scrambled Egg

Yield: 1 ½ cups plantain (1 child-sized serving + 1 adult-sized serving)

Time: 45 minutes

Age: 6 months +

2 ripe plantains (sweet plantains, yellow with black spots)

4 cups water

½ cup full-fat coconut milk (ideally from a BPA-free container)

1 teaspoon unrefined virgin or extra virgin coconut oil (ideally from a BPA-free container)

1 egg per person

1 ripe avocado (optional)

1 teaspoon ground peanut (optional)

To Prepare

Wash the plantains. Cut off and discard the tips, then cut the plantains crosswise into thirds. Don't worry about peeling the plantains just yet. They are easier to peel after they are cooked.

Bring the water to a boil, then add the plantains. Lower the heat to create a gentle simmer.

Cover and cook until the plantains have softened and are easily pierced with a knife, between 10 and 20 minutes. Reserve 1 cup of cooking liquid, then drain the pot.

Peel and discard the plantain skin. Mash the plantain flesh with the coconut milk and a splash of the reserved cooking liquid until mostly smooth, adding more cooking liquid as needed. A little texture is okay as long as there are no large clumps of plantain.

Cool the mangú to room temperature. If the mangú becomes too thick as it cools, add more of the reserved cooking liquid or splashes of coconut milk or water to keep the texture smooth and spreadable.

Scramble the egg while the mangú cools. Crack the egg(s) into a small bowl; if you are not going to eat alongside baby, cook only one egg. Whisk to combine the yolk with the white.

Warm the oil in a small non-stick skillet set on medium heat. When it shimmers, pour in the egg. Cook, stirring frequently, until the egg is fluffy and set, about 5 minutes. Remove from the heat. Cool to room temperature.

Cut the avocado lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from each half. Cut into spears.

Scoop some mangú into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Nestle the scrambled egg and some avocado spears on the side. Sprinkle with ground peanut.

To Serve

Let the child self-feed with hands. If you'd like to encourage the use of a utensil, simply pre-load the utensil and rest it on the edge of the bowl/plate or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Mangú keeps in an air-tight container in the fridge for 1 week. Cut avocado keeps in its peel in the fridge for 3 days—no need for plastic!

This recipe contains allergens: egg, coconut, and peanut. Only serve to a child after these foods have been introduced safely.



49. Shakshuka (Eggs in Tomato Pepper Stew)

Yield: 3 cups stew (1 child-sized servings + 2-3 adult-sized servings)

Time: 1 hour

Age: 6 months +

2 garlic cloves
1 large onion
2 large bell peppers
2 large beefsteak or plum tomatoes or 1 ½ cups canned diced tomatoes (ideally from a BPA-free can)
2 tablespoons olive oil
1 teaspoon each ground coriander, ground cumin, and ground sweet or smoked paprika (optional)
1 egg per person
1 ounce fresh goat cheese per person (optional)
1 slice of bread or thin rice cake per person (optional)
1 pinch hemp seed per person (optional)

To Prepare

Peel and mince the garlic and onion. Wash, dry, and halve the peppers, then remove and discard the stem, seeds, and pith and mince the flesh. Wash, dry, and dice the tomatoes.

Warm the oil in a large skillet set on medium heat. When it shimmers, add the onion and pepper and stir to coat. Cook, stirring occasionally, until the veggies have softened, about 10 minutes.

Add the garlic, tomatoes with their juices, and spices. Stir to coat. Cook, stirring occasionally, until the mixture has thickened, about 10 minutes.

Use the back of a spoon to create shallow craters in the mixture—one for each egg. If you are not going to eat alongside the child, cook only one egg and reserve the leftover tomato-pepper stew for a future meal.

Crack the egg into the crater, then cover the pan and turn the heat to low. Cook until the egg is fully set, between 10 and 15 minutes. Uncover and remove the skillet from the heat. Cool to room temperature.

Lightly toast the bread, then cut off the crust. Reserve the crust for another use, such as breadcrumbs. Cut the toast into strips about the size of two adult fingers pressed together or keep whole for older children.

Scoop some shakshuka and egg into the child's bowl. Exact serving size is variable. Let a child's appetite determine how much is eaten. Sprinkle the goat cheese and hemp seed on top and stick in the toast strips.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil or a piece of toast in the air for the child to grab.

To Store

Shakshuka keeps in an air-tight container in the fridge for 5 days.

★ Tip

Store acidic foods like shakshuka in a glass container, or in metal or plastic containers that are certified BPA-free. Acidic food leaches BPA and other chemicals from metals and plastics.

This recipe contains common allergens: dairy, egg, and wheat. Only serve to your child after each of these individual allergens have been introduced safely.

go. Sugar-Free Ground-Up Granola on Yogurt

Yield: 1 cup (16 child-sized servings)

Time: 1 ½ hours

Age: 6 months +

½ cup rolled oats
¼ cup almonds, hazelnuts, macadamia nuts, pecans, or nuts of choice
1 tablespoon sesame seed
1 tablespoon sunflower seed
1 tablespoon pumpkin seed
1 teaspoon ground cardamom, cinnamon, or nutmeg
1 egg white
1 cup unsweetened whole milk yogurt
¼ cup fresh or frozen raspberries (optional)
½ teaspoon unsweetened shredded coconut (optional)

To Prepare

Preheat the oven to 225 degrees Fahrenheit / 105 degrees Celsius. Line a sheet tray with parchment paper.

Combine the oats, nuts, seeds, and spices in a mixing bowl.

In a separate, larger mixing bowl, whisk the egg white until soft peaks form.

Gently fold the dry ingredients into the egg white.

Evenly spread the granola on the sheet tray.

Bake until the granola is dry and crisp, about 1 hour. Stir every 15 minutes or so to prevent scorching.

Remove from the oven. Cool to room temperature.

Using a food processor or a mortar and pestle, grind the granola into a fine meal. There should be no clumps or pieces of nut.

Defrost and wash the raspberries. Mash the berries, cut into age-appropriate sizes, or serve whole if the berries are soft and juicy.

Scoop the yogurt into the child's bowl and top with the raspberries. Sprinkle 1 tablespoon of ground-up granola and unsweetened shredded coconut flakes on top.



To Serve

Let the child self-feed with hands. If you'd like to encourage utensil use, simply pre-load the utensil and rest it on the edge of the bowl/plate or next to the food for the child to pick up. Alternatively, pass a pre-loaded utensil in the air for the child to grab.

To Store

Granola keeps in an air-tight container in the fridge or freezer for several weeks.

★ Tip

Make a big batch of sugar-free granola to save time preparing future meals!

This recipe contains allergens: dairy, sesame, coconut, and tree nuts (almond, hazelnut, macadamia nut, and pecan). Only serve to a child after these foods have been introduced safely.



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