

The
Homemade
Baby Food
Recipes
Collection

My name is Christine Albury and I am the founder of www.homemade-baby-food-recipes.com
- a complete guide to solid feeding during baby's first year.

This collection contains the best recipes from our blog over the past two years, helping you create a range of tempting dishes for your baby.

For lots more recipes, plus a thorough guide to infant feeding - including food allergy information, advice for dealing with feeding problems and masses of helpful tips, you may be interested in purchasing our complete Ebook - Tempting Tiny Taste Buds.

This book is a valuable resource for parents, containing over 300 pages of recipes, articles and information!

You can read more about the book here - <http://www.homemade-baby-food-recipes.com/babyfoodrecipesebook.html> -

And now to the recipes...

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Applesauce Recipe For Baby - Sugar-Free (6 months+)

This sugar-free applesauce recipe for baby is very simple to make and, once cooled, can provide a wonderfully soothing food for a teething baby.

The secret to making delicious applesauce for your baby *without* sugar is to select apples that are naturally sweet. Good varieties to use include

- Red Delicious
- Golden Delicious
- Gala
- Red Rome
- Fuji
- Pink Lady
-

You can even try using a mixture of these apples in your baby's applesauce.

Sugar-free Applesauce Recipe

YOU WILL NEED...

4 or 5 medium apples, peeled and cored
pinch cinnamon or nutmeg
water

Chop the apples roughly and place into a saucepan.

Add around 1 inch of water (alternatively, you can use apple juice, but be aware that this does contain sugar).

Bring to the boil, then reduce the heat, cover and simmer for around 10-15 mins, until the apples chunks are soft.

Don't be tempted to cook the apples until the mixture actually resembles applesauce - by this time it will be very watery and tasteless. As soon as the apples are soft, remove the chunks from the "sauce" and pass them through a food mill/coarse sieve or - for older babies - mash well. You can achieve the perfect consistency for your baby by stirring in a little cooking water from the pot.

Sprinkle with cinnamon or nutmeg and serve warm or chilled.

If you plan to freeze your applesauce for baby, add extra nutmeg or cinnamon first, as these spices tend to lose their flavor during freezing.

NOTE: If your baby is constipated - or prone to constipation - avoid applesauce, as it tends to make the problem worse.

Avocado Baby Food Recipe (6 months+)

Avocados are delicious and nutritious - and this simple avocado baby food recipe for Tropical Fruit Salad is a great way to get your baby enjoying this healthy food.

Avocados, sometimes known as Alligator Pears, are good sources of fiber, potassium, folic acid, Vitamin E, B vitamins and lutein (a natural anti-oxidant that promotes healthy eyes and skin). Eating avocados actually enables your baby's body to absorb more important nutrients like beta-carotene and lutein from the other foods he eats along with them.

Avocado Baby Food Recipe - Tropical Fruit Salad

1/2 ripe avocado, cubed
1/2 kiwi, peeled and sliced
1/2 small banana, sliced
1/4 papaya, peeled and sliced
2oz plain, natural yogurt
drop pure Maple Syrup

Place all the prepared fruits in a bowl (for babies able to cope with finger foods) or puree together for younger babies.

Stir the maple syrup into the yogurt and pour on top of the fruit.

Top with wheat germ for a little nutritional boost!

Broccoli Soup For Baby (6 months+)

This recipe - a simple broccoli soup for baby - is very simple to prepare and nutritious.

Broccoli is a close relative of cauliflower and is a member of the cabbage family. It can make some babies gassy/windy, so although the ingredients contained in this broccoli soup recipe are suitable for infants from 6 months, you may wish to delay giving it until your baby is older if he tends to suffer from gas/wind.

Broccoli Soup For Baby

2oz onion, diced
1tsp olive oil
10 fl oz homemade chicken stock
12oz broccoli florets
dash of curry powder (optional)
1 bay leaf
pinch basil
4oz natural yogurt
tiny pinch of nutmeg

Cook the onions in the oil until transparent and set aside.

Boil the broccoli in the stock until tender.

Add the onions, curry powder (if using), the bay leaf and basil to the broccoli.

Simmer uncovered for around 10 to 15 mins.

Meanwhile, put the yogurt into a bowl.

When the soup mixture is ready, pour it slowly into the yogurt, stirring vigorously.

Return the mixture to the pot and heat through gently.

Sprinkle with nutmeg and serve, or puree first if necessary.

Sweet Potato and Plantain Soup (6 months+)

If you've never cooked plantain for your baby, then why not give this tasty and nutritious sweet potato and plantain soup recipe a try?

Plantain is a type of banana and - like banana - it's very high in potassium. Plantain, however, needs to be cooked and is used in many different ways - from a vegetable side dish to a sweet dessert, according to how ripe it is.

- **Green plantains** (as used in the baby food recipe below) taste quite like potatoes and are usually boiled.
- **Yellow plantains** are at the next stage of ripeness and are slightly sweet.
- **Black plantains** are very ripe and sweet and are most commonly used for desserts.
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This recipe is suitable for babies from 6 months of age. If your baby has a sensitive tummy, you may wish to wait until he's a little older before using garlic and onions - but many babies will enjoy them from a surprisingly early age!

Plantain baby food idea - sweet potato and plantain soup

1 green plantain, peeled and sliced
1 sweet potato, peeled and sliced
a little olive oil
1 small onion, chopped finely
1 garlic clove, crushed
16 fl oz homemade chicken stock
1 bay leaf
4 fl oz milk (you can use breast milk or formula if you prefer)

Heat the olive oil in a medium saucepan and saute the onions and garlic until tender.

Add the sliced plantains and brown all over.

Add the chicken stock and bay leaves and bring to a boil, then add the sliced sweet potatoes.

Lower the heat and simmer until the plantains and sweet potatoes are soft (20-25 mins).

Pour the mixture into a food processor (don't forget to remove the bay leaf) and blend until creamy.

Return the mixture to the pan and stir in the milk. Simmer gently for 10 mins, then serve!

Simple Brown Rice Pudding For Baby (6 months+)

Here's a quick and easy recipe for a tasty brown rice pudding for baby, suitable from 6 months of age.

Brown rice is nutritionally superior to white because, during the production process, only the outer layer (or hull) of the rice kernel is removed. During white rice production, the kernel is fully milled and much of the iron, fibre and vitamins it contains are destroyed. If you plan to serve this rice pudding to your baby, please ensure that he has been separately introduced to all the ingredients first.

YOU WILL NEED

2oz cooked brown rice
2 dried apricots, softened by soaking in hot water
1/2 ripe banana
2tbsp apple juice
tiny pinch nutmeg

Simply combine all ingredients in a food processor and blend thoroughly. You can adjust the consistency to suit your baby by adding a little more/less apple juice.

Baby's Fruit Compote Recipe (6 months+)

Once your baby has been separately introduced to all the fruits in this recipe, then why not make him this delicious fruit compote served with a cinnamon cream topping?

WHAT YOU WILL NEED

4oz dried apricots
2oz sultanas
1 apple, peeled and sliced
1 pear, peeled and sliced
1 pot of natural yogurt
drop of pure maple syrup
pinch of cinnamon

METHOD

Place the dried apricots and sultanas into a saucepan and cover with water.
Bring to the boil, then reduce heat and simmer until the fruit is tender (20-30 mins).
Add the sliced apple and pear and simmer for a further 10 mins. Check the amount of water in the pan and add a little extra if needed.
Puree until smooth, then set aside and cool.
To make the cinnamon cream topping, stir a little maple syrup into the natural yogurt and sprinkle with cinnamon.
Spoon a blob of cream topping on to your compote and serve! Yum!

Peapod Soup For Baby (6 months+)

There are few things quite as tasty as fresh garden peas straight from the pod - but did you know that you can actually create a sweet and delicious soup for your baby from the peapods themselves?

For this peapod soup recipe, you need to use very fresh, green peapods - avoid any that appear discolored or dried out.

You can serve this soup to your baby from 6 months of age, but remember that all ingredients should have been introduced separately to your baby first.

Peapod Soup Recipe For Baby

1lb fresh peas
6 spring onions (also known as green onions or scallions), chopped
little olive oil
1 large carrot, peeled and chopped
1 potato, peeled and diced
32 fl oz water or, for extra flavor, use homemade chicken stock
6 mint leaves, finely chopped
pinch freshly ground black pepper
1tbsp chopped fresh chives

Remove the peas from the pods and save for a different dish. Then, wash the pods thoroughly and remove the strings from the sides.

In a large pan, saute the onions in the olive oil until tender, then stir in the peapods and coat with the oil.

Add all the remaining ingredients to the pot and bring to the boil.

Reduce the heat, then cover and simmer for 40-50 mins.

Cool slightly, then pass the soup through a food mill. Finally, strain the soup through a sieve to remove any remaining fibres from the pods... and serve!

Yum... a useful and tasty alternative to the compost heap for your peapods!

Delicious Baked Potato Baby Food Recipe (6 months+)

This recipe is suitable for babies who have already been introduced to the ingredients separately and are happy with a little texture to their food.

You will need...

1 white potato
1/2 oz red onion, chopped finely
little olive oil
4oz fresh asparagus, chopped
3oz natural yogurt

Preheat the oven to 400 deg F, 200 deg C.

Prick the potato with a fork and bake in the oven until it feels tender (1 to 1 1/2 hours).

Meanwhile, cook the onion in the olive oil for a few minutes until tender. Set aside.

Cook the asparagus in boiling water for a few minutes until tender. Drain.

When the potato is cooked, remove it from the oven, halve it lengthways and scoop out the flesh.

Mix the potato, cooked onion and asparagus in a small bowl. Stir in the natural yogurt.

Return the mixture to the potato skins and place back into the oven. Heat until warmed through.

You can either remove the soft potato from its skin to serve to your baby - or, for older babies, you can serve the potato in the skin (once sufficiently cooled, of course).

Parsnip And Pumpkin Puree (6 months+)

This parsnip and pumpkin puree recipe tastes absolutely delicious, yet it's so simple to make!

You can serve this to your baby from 6 months, but make sure that he has been safely introduced to the ingredients separately beforehand, to identify any possible food allergies or digestive problems.

For this parsnip and pumpkin puree you will need...

1 parsnip
8oz fresh pumpkin
tiny pinch ground nutmeg
1tsp chopped fresh chives

Peel and dice the parsnip and the pumpkin.

Steam, or simmer in a little water, until nice and tender.

Drain, then blend well in a food processor - or, if you prefer, mash well with a fork.

Simply stir in the nutmeg and chives... and serve!

Baked Apples - A Healthy Dessert For Baby (6 months+)

Baking apples for your baby is very quick and easy and the texture of the end result is just perfect for your tiny diner!

When choosing apples to bake for your baby, look for naturally sweet varieties - this eliminates the need for sugar or other sweeteners. I recommend trying any of the following

- Golden Delicious
- Red Delicious
- Fuji
- Pink Lady
- Gala
- Red Rome
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You can give your baby baked apples from 6 months of age - if you choose to use any of the extra ingredients in this recipe, be sure that you are not introducing two new foods at the same time (in other words, if your baby has not had apples OR cinnamon before, introduce the apples alone at first. After a few days have passed with no signs of allergic reaction or digestive upset, you can then introduce the cinnamon, too).

How to bake apples for your baby

Preheat the oven to 350 degrees F, 180 deg C.

Wash the apples and core them (I recommend using a melon baller for this).

Sprinkle a little cinnamon or nutmeg on the apple. For older babies, try filling the apple with raisins (you may like to add a little maple syrup if raisins are used).

Wrap each apple tightly in aluminum foil and seal.

Place in the oven and bake for around 45 minutes until the apples are tender.

Remove from the oven and allow to cool a little.

Remove the skin and mash well - if you have used raisins, ensure these are mashed well also, unless your baby is comfortably chewing foods.

Yummy... why not throw in a few extra apples and make this a healthy dessert for the whole family!

Cool Treat for Teething Tots (6 months+)

Here's a simple recipe for a frozen dessert for your little one, which is nutritious and tasty and offers the added benefit of cooling and numbing his sore gums!

This recipe is ideal for babies from 6 months of age, although you should make sure that you have introduced all ingredients separately beforehand.

You will need

1/2 ripe banana
1/2 peach, peeled and stoned
4 fl oz natural, plain yogurt
2tsp pure maple syrup (optional)

Place all the ingredients in a food processor and puree well. Pour into popsicle (lolly) moulds - or, if you don't have any - freeze the mixture in a large ice cube tray or in small disposable cups. Just remember to insert the popsicle/lolly sticks when the mixture starts to freeze.

If your baby is too young to enjoy this frozen treat from the stick, then simply crush the frozen mixture in a bowl and serve it to him straight from the spoon.

Fruity Chicken Dinner (6 months+)

This recipe for baby's pureed Fruity Chicken Dinner uses grapes to add a delicious sweetness.

Using grapes is actually a great way to sweeten many meals for your baby - if he's unwilling to eat certain veggies, you may find that mixing them with grapes gives them a flavor he'll really enjoy.

This recipe is suitable for babies from 6 months of age - remember that he should have been separately introduced to all the ingredients first.

What you'll need...

- 1 boneless, skinless chicken breast
- 5 fl oz homemade chicken stock
- 10 seedless white grapes, peeled
- 1 courgette/zucchini, sliced
- 1 small white potato, peeled and sliced

Cut the chicken breast into pieces and place all the ingredients into a small saucepan. Bring to the boil, then reduce the heat and simmer until the chicken is done and the potato is tender (around 30 mins).

Place the mixture into a food processor and puree well. Thin the mixture with a little more stock if necessary.

Yummy Dessert For Baby (6 months+)

This yummy dessert for baby is very simple to make and combines fresh peach with banana - so it's super healthy, too. You can use this recipe for your baby from 6 months+ - but be sure that he has been separately introduced to all the ingredients first.

1 fresh peach, peeled

1/4 tsp vanilla essence

drop of maple syrup (optional)

1 medium ripe banana

Puree the peeled peach in a food processor.

Mix the peach puree with the vanilla and maple syrup (if using).

Cut 2 pieces of foil and place half the banana (cut lengthways) on each piece.

Spoon half the peach puree over each half of the banana, then fold over the foil and seal.

Bake at 375 deg F for 15 minutes.

Cool to a safe temperature and serve!

Herby Leek Puree Recipe (6 months+)

This recipe is very easy to make and uses leeks - part of the onion family but with a sweeter, gentler flavor.

Leeks have many nutritious benefits, being high in iron and potassium and also containing folic acid, vitamin C and beta-carotene in the green stems (most people assume veggies containing beta-carotene are orange or red in color... but dark green veggies can contain beta-carotene, too!).

You can offer this leek puree to your baby from 6 months of age, as long as he has been introduced to all the ingredients separately beforehand.

You will need

1/2oz butter
2 medium fresh leeks, chopped
5oz potatoes, peeled and diced
5fl oz homemade chicken stock
1tbsp thick, natural yogurt
1/2tsp chopped fresh chives
1/2tsp chopped fresh dill
1/2tsp chopped fresh basil

In a medium saucepan, gently saute the leeks in the butter for a few minutes, then add the diced potatoes.

Add the chicken stock and herbs and bring to the boil.

Reduce the heat, cover and simmer for around 15 minutes, until the potatoes are tender.

Drain the vegetables, reserving the cooking liquid, then puree the veggies in a food processor.

Thin the mixture to the right consistency by adding back in a little of the cooking liquid.

Finally, stir in the yogurt, which adds a delightful creamy texture - and serve to baby!

Veggie Treat - Turnip, Potato and Pear Puree

(6 months+)

A yummy meat-free treat for baby, this puree combines turnip, potato and roasted pear for delicious results! This recipe is suitable for babies of at least 6 months of age who have already been introduced separately to the ingredients.

You will need...

1 pear, peeled and cored, then quartered
little maple syrup
1oz unsalted butter
1 large potato, peeled and diced
1 small turnip, peeled and diced

Preheat the oven to 350 deg F.

Melt the butter, stir in the maple syrup and toss with the pear quarters until coated.

Place on a baking sheet and roast for around 45 mins until very tender, turning during the cooking time and basting with the juice.

Place the pear and any cooking liquid into a food processor and puree. Set aside.

Simmer the diced potato and turnip separately until tender (20-30 mins), then drain. Puree the turnip and mash the potato with a dab of butter (it's not a good idea to puree the potato in the processor as it may end up a little "gluey" in texture).

Combine the pureed pear and turnip together with the mashed potato and serve (don't forget to try some yourself - this is a VERY tasty combination!).

Swede (Or Rutabaga) Soup (6 months+)

Swede, also known as rutabaga, is a very tasty, healthy - and neglected - vegetable.

This simple swede soup recipe is creamy and delicious and perfect for babies from 6 months of age (or later if you are concerned that onions may upset your baby's tummy).

YOU WILL NEED

1/2 medium swede, peeled and diced
1 clove garlic, chopped finely
1 small onion, chopped
1 celery stick, sliced
1 carrot, peeled and chopped
16 fl oz (about 2 cups) homemade vegetable stock
2tbsp chopped fresh thyme

Saute the onion and garlic in a little olive oil until tender.

Add the remaining ingredients (except the thyme), bring to the boil, then reduce the heat and simmer for around 20 mins, until the swede is tender.

Remove from the heat and stir in the thyme.

Pour into a food processor and blend until smooth and creamy, then serve!

Vegetarian Pasta Sauce for Baby (6 months+)

This delicious, herby sauce pairs up wonderfully with pasta for a really tasty meal for your baby.

You can puree the sauce with a little cooked pasta for younger babies (at least 6 months of age, who have previously been introduced to all these ingredients - you may wish to wait longer if onions don't agree with your baby!) - or you can serve the sauce over cooked pasta for older babies to eat with a spoon - or even their fingers!

What you will need

- 1 medium red bell pepper
- a little vegetable oil or olive oil
- 1tsp unsalted butter
- 2 cloves garlic, chopped
- 4oz chopped onion
- 3oz carrots, peeled and diced finely
- 8oz mushrooms, chopped
- 1oz fresh herbs, minced (thyme and oregano go well together)
- 2 fl oz homemade chicken stock
- 1oz fresh parsley, chopped

How to make this vegetarian pasta sauce for baby

Roast the red pepper by placing it under a grill/broiler for about 10 mins, turning often, until blackened all over.

Place the pepper in a sandwich bag for 10 mins, then remove the skin, which should slip off easily.

Remove the stem and seeds, then chop well.

Heat the oil and butter in a frying pan/skillet and saute the garlic, onions and carrots for several minutes until tender.

Add the red pepper, mushrooms, herbs and chicken stock.

Simmer gently, stirring often, until the sauce has reduced by almost half, then stir in the parsley.

Pour over pasta and serve!

Exotic Pear Recipe For Baby (6 months+)

Does your baby enjoy pureed pears? If so, why not try something a little bit different and make him this delicious pear soup!

Sounds strange, doesn't it? But it tastes wonderful - fruit soups are actually very popular in many parts of Europe and if you taste this yourself, you'll see why. Remember, too, that your baby has no concept of which foods should "go" together - and the delicate sweetness of this soup makes it very appealing to little ones! Make sure that your baby has been introduced to all the ingredients separately before you introduce him to this pear soup recipe!

What you will need...

1tsp vegetable oil

1tsp fresh ginger, chopped very finely (great for digestion)

1/2 tsp shallot, very finely chopped

5oz fresh, ripe pear, peeled, cored and sliced

4fl oz homemade chicken stock

2fl oz milk (you can use cow's milk, breast milk or formula)

sprig of parsley, chopped

Heat the oil in a medium pan and add the ginger and shallot. Saute them gently for a few minutes until the shallot is tender.

Pour in the stock, then add the pears.

Reduce the heat and simmer, covered, for around 15 minutes until the pears are soft.

Remove from the heat and blend in a food processor until smooth.

Return the mixture to the cooking pot and stir in the milk.

Warm very gently (do not boil), then stir in the chopped parsley and serve! Yum!

Butternut Squash and Red Lentil Puree (6 months+)

Here's a tasty and nutritious vegetarian baby food recipe using butternut squash, red lentils and a touch of coriander - it's easy to make and absolutely delicious.

You will need

12oz butternut squash
6oz potato
2oz red lentils
pinch ground coriander
10 fl oz milk (use either cow's milk, breast milk or formula)

Cut the butternut squash in half, remove the seeds and peel, then dice.

Rinse the lentils, checking carefully for any small stones.

Peel the potato and dice.

Pour the milk into a saucepan and add the squash, lentils, potato and coriander.

Bring to the boil, then reduce the heat and simmer gently until the lentils and squash are tender (around 15 mins).

Place the mixture into a food processor and blend until smooth.

Sweet Potato and Pear Bake (6 months+)

Here's a nice and easy baby food recipe that combines sweet potatoes and pears - delicious!

This recipe is suitable for babies from 6 months of age, but you must ensure that all these ingredients have been introduced separately to your baby before combining them for this meal.

You will need

1lb sweet potatoes, peeled and diced
1 pear, peeled, cored and diced
2fl oz unsweetened apple juice
1tbsp maple syrup (optional)
1/2tsp fresh ginger, grated
pinch cinnamon

Preheat the oven to 350 deg F.

Put the diced sweet potatoes in a pot and just cover with water. Bring to the boil, then simmer for 5 minutes. Drain.

Combine the diced pear, apple juice, maple syrup (if using), ginger and cinnamon in a greased baking dish.

Add the sweet potatoes and stir thoroughly.

Bake uncovered for around 45 mins, stirring several times throughout the cooking process, until the sweet potatoes are tender.

Puree, mash, or chop... and serve!

Peach and Brown Rice Breakfast (6 months+)

Brown rice is far better for your baby (and for you) than white rice because all its nutrients are intact.

Although they are aware of the benefits of brown rice, some adults, used to the almost bland taste of white rice, find it difficult to make the switch.

It's true that brown rice tastes quite different - in fact, it has much MORE flavor - a slightly nutty taste that our family loves.

So we highly recommend getting your baby accustomed to the fuller flavor and healthy goodness of brown rice from the outset - you'll probably find he'll shun white rice altogether later on!

This recipe for a simple cereal made with fresh peaches and brown rice is suitable for babies from 6 months of age. If your baby is new to solid foods, please introduce the rice by itself at first and - once you are happy that your baby is digesting it well - you can include the peach.

You will need

2oz brown rice
8 fl oz (1 cup) of water
1/2 ripe peach
a little breast milk or formula

First, grind the rice in a food processor to produce a powder.

Remove the skin and the pit from the peach, then dice.

Pour the water into a small saucepan and bring to the boil.

Add the rice powder, taking care to stir constantly, then lower the heat.

Add the diced peach and simmer gently, stirring often, for 10 mins.

If the mixture is a little too thick for your baby, stir in a little milk... and breakfast is served!

Easy Apple and Raisin Puree (6 months+)

This recipe is a very simple puree using apples and raisins. Suitable for babies from 6 months of age, this tasty little puree can be served warm or - if the weather's hot in your part of the world right now - you can chill it for a refreshing treat.

You will need

1 sweet apple (Golden Delicious works perfectly), cored, peeled and diced
1oz raisins (wash and remove any hard pieces)
1 fl oz unsweetened apple juice
tiny pinch nutmeg (optional)
tiny pinch cinnamon (optional)

Put the raisins into a small ramekin and add the apple juice. Microwave on full power for 30 secs. Leave to stand for 5-7 mins, by which time the raisins should be nice and plump. Pour the raisin and juice mixture into a small saucepan and add the diced apple. Simmer over a low heat for around 5-10 mins, until the apple is tender. Remove from the heat and stir in the cinnamon and nutmeg (if using), then transfer to a blender and puree until smooth!

Peach and Ginger Cream (6 months+)

A savory soup recipe or a dessert with a twist? This yummy combination could be served either way, although we tend to think of it as a soup - particularly when we use fresh ginger instead of ground, which gives it a slightly spicy flavor.

This recipe is suitable for babies from 6 months of age, but please ensure that you have introduced all ingredients separately beforehand. Ginger (which is great for digestion) should be considered a new "food" when you first give it to your baby, as should any other spice or herb. This means that it should be introduced with a food that your baby is already safely enjoying - that way, if he experiences any type of allergic reaction or digestive discomfort, then you will easily be able to identify the culprit.

You will need

1 fresh, ripe peach
little pinch of ground ginger or 1/8 tsp peeled, fresh ginger
whole milk (you can use breast milk or formula if you prefer - in fact breast milk adds a sweetness that may make the dish more acceptable for some babies)

First, remove the skin and pit from the peach. The easiest way to remove the skin is to plunge the entire peach into boiling water for several seconds, then transfer to a bowl of iced water for a few seconds more. You should find that the skin will slip off easily.

Chop the peach and place in a food processor along with the ginger.

Puree well and - as you do so - gradually pour in enough milk to give the consistency you prefer.

Chill, then serve!

This recipe would also make a tasty dip for your baby (avoid adding too much milk, as this will create an overly-thin texture for dipping). Another great idea is to pour this mixture over cooked, chopped chicken breast for an unusual but delicious fruity chicken dinner!

Dreamy Creamy Peaches (6 months+)

If you're looking for an unusual breakfast idea for your baby, then try this delicious peach recipe - it's super-simple and YUMMY! You could, of course, use nectarines instead of peaches - but whichever fruit you use, make sure it's ripe and juicy.

You will need

1/2 peach, skin and stone removed
2tbsp cottage cheese
2tsp unflavored, natural yogurt
drop of vanilla essence
tiny pinch of powdered ginger (optional)

How to make it

Chop the peach into small pieces, or puree it if you think your baby will spit out the lumps!

Drain the cottage cheese through a sieve and place it into a small bowl.

Stir in the peach, yogurt, vanilla essence and the ginger (if using) and serve!

Alternatively, make the dish the night before you need it and refrigerate it overnight - this way, the peach thoroughly flavors the entire dish!

Easy Peasy Lentil and Veggie Puree (6 months+)

Here's a wonderfully simple recipe for a nutritious meal for baby, using red lentils and fresh veggies. You can give this to your little one from 6 months of age - but bear in mind that lentils cause gas/wind in some babies. If your baby is prone to digestive discomfort, then you may prefer to save this recipe until later in his first year!

Here's what you'll need...

1 tbsp red lentils
1 medium carrot, peeled and cubed
2oz (1/4 cup) sweet potato, peeled and cubed
2oz (1/4 cup) cauliflower, chopped
around 6 fl oz (3/4 cup) milk - (you can use breast milk or formula)

Check the lentils for any small stones, then rinse them thoroughly under running water. Combine all the ingredients in a small saucepan, then bring to the boil. Reduce the heat and cover, then simmer for around 25 mins until the vegetables are tender and the lentils are cooked. If the mixture dries out during the cooking process, add a little more milk. Puree until nice and smooth, cool and serve!

This dish freezes well, but please do NOT freeze the leftovers if you used previously frozen breast milk in the recipe.

Quick and Easy Apple and Pear Puree (6 months+)

Here's a simple recipe for you that's ideal for younger babies just getting started with solids.

We recommend using naturally sweet apples (like Golden Delicious) in recipes for your baby - and our babies have always enjoyed Bartlett pears, which are both sweet and juicy.

For this easy recipe you will need...

1 apple, peeled, cored and cut into small pieces
1 ripe pear, peeled, cored and cut into small pieces
1 very small stick of cinnamon
1-2tbsp water

Put all ingredients into a small saucepan and cover.
Simmer very gently until the fruit is nice and tender (around 6 mins).
Avoid the temptation to simmer the mixture until it LOOKS like puree - the result will be very watery and tasteless. Soft lumps are ideal.
Take out the stick of cinnamon, then puree the fruit or mash it.
Cool and serve!

Vegetarian Baby Food Ideas - Stuffed Green Peppers (7 months+)

This vegetarian baby food recipe is wonderfully healthy and delicious (green peppers are an excellent source of vitamin C) - and it may also tempt a fussy eater who might enjoy the novelty of eating straight from the green pepper itself! This dish will suit babies who are comfortable with soft lumps in their food.

YOU WILL NEED...

1 1/2 oz cooked brown rice
1 green pepper
2fl oz water
1/2 tsp olive oil
1oz chopped onion
1oz chopped celery
1oz chopped mushrooms
pinch freshly ground black pepper
pinch dried oregano
1oz fresh parsley, chopped very finely
6oz canned/tinned tomatoes, mashed well
1oz grated Cheddar cheese
1tsp wheat germ

METHOD

Preheat the oven to 375 deg F, 190 deg C.

Cut the green pepper in half lengthways, de-seed and remove the stem.

Immerse the pepper in boiling hot water for around 5-6 mins, until tender but still firm, then rinse with cold water.

Heat the oil in a frying pan, then saute the onions, celery and mushrooms with the herbs and black pepper, until tender.

Add the rice, cheese and half the tomatoes and combine thoroughly.

Spoon this mixture into the green pepper halves, then place in an oiled casserole dish.

Pour the remainder of the tomatoes on top, then sprinkle with the wheat germ.

Bake for 30 mins!

Chicken Soup Recipe For Baby (7 months+)

This chicken soup recipe for baby is a simple yet deliciously healthy meal, suitable from 7 months of age.

Depending on the stage of development of your baby, you may like to mash up the vegetables in the soup with a fork once it's cooked, or even puree the whole thing! And remember... this chicken soup recipe for baby is actually tasty enough for the whole family to enjoy! Just increase the quantities as needed.

You will need

1/2 tsp olive oil
1 small courgette/zucchini, diced
1 medium carrot, diced
1/2 small onion, chopped
1/2 celery stick, chopped
16 fl oz/1 pint homemade chicken stock
2oz sliced mushrooms
8oz cooked chicken breast, diced
1tsp fresh chives, chopped
1tsp fresh tarragon, chopped

Method

Heat the oil over a low heat and add the zucchini, carrots, onion and celery.
Cook covered for about 15 mins until tender, stirring occasionally.
Add the mushrooms and chicken stock, then simmer uncovered for about 10 mins.
Finally, add the chicken and herbs, cook briefly, then serve!

Beef Barley Soup Recipe For Baby (7 months+)

For those of us enjoying cooler temperatures at the moment, hearty soups make wonderfully satisfying meals... and your baby will love this delicious beef barley soup recipe (suitable from 7 months of age)!

Serving soups like this is a great way of getting lots of extra veggies into your baby - and you will often find that picky eaters will eat the vegetables in soup because they don't always realize what they're eating!

Please note that barley contains gluten, meaning this recipe is unsuitable for a gluten-free diet.

For this beef barley soup recipe for baby you will need

1 oz flour
tiny pinch freshly ground black pepper
6oz lean stewing beef
little olive oil
1 stick of celery, chopped
2oz onion, chopped
6oz carrots, peeled and chopped
4oz swede/rutabaga
4oz fresh mushrooms, sliced
2oz pearl barley
16 fl oz homemade beef stock
1 small bay leaf

Cut the beef into cubes.

Mix the flour with the pepper and toss the beef cubes in it, making sure the beef is completely coated. Set the extra flour aside.

In a large saucepan or soup pot, heat the olive oil over a medium heat, then add the beef and brown well all over.

Remove the beef and set aside.

Add a little more olive oil to the pan if necessary, then add all the vegetables. Cook for a few minutes, stirring often.

Add the barley and cook for a further minute.

Mix a little beef stock with the reserved flour and blend well. Add this to the saucepan, then stir in the remaining stock, beef and the bay leaf.

Bring to the boil, then lower the heat and simmer, uncovered.

Cook for around one hour, until the soup has thickened.

Don't forget to remove the bay leaf before serving - the meat and vegetables can be chopped for babies who are chewing well - or you can puree the entire soup, adding a little extra stock if necessary.

Baby's Turkey Goulash (7 months+)

1tsp olive oil
4oz cooked turkey
1/2 small onion, chopped
1/2 small green pepper, chopped
small garlic clove, crushed
tiny pinch of paprika
3oz chopped canned/tinned tomatoes
pinch freshly ground black pepper
2oz uncooked tagliatelle

In a frying pan/skillet, heat the oil and cook the onion, green pepper and garlic for 2-3 mins.

Add the chopped tomatoes and stir in the paprika.

Add the chopped turkey and bring to a boil. Remove from heat.

Meanwhile, cook the tagliatelle according to the directions on the pack.

Drain, place tagliatelle in a bowl and top with the sauce.

Chop to the perfect size for your baby and serve!

Pumpkin And Barley Baby Food Recipe (7 months+)

This recipe is suitable for babies from 7 months of age who have been introduced to all the ingredients separately - but be aware that barley contains gluten, so this recipe is unsuitable for a gluten-free diet.

HOW TO MAKE VEGETABLE STOCK

2 large onions
1 turnip
2 large carrots
2 celery stalks
1 garlic bulb
10 peppercorns
1 bay leaf
pinch parsley
pinch thyme

Peel all the vegetables and cut them into large chunks.

Peel the garlic cloves.

Place the vegetable chunks and garlic cloves in a large pot and cover them with water.

Add the herbs and peppercorns to the pot.

Bring the mixture to a boil over a high heat, then reduce the heat and simmer the vegetables gently for an hour.

Cool, then strain and use in your recipe, or store.

PUMPKIN AND BARLEY DINNER

2tsp olive oil
4oz pumpkin, chopped finely
1/2 small onion, chopped
1/2 garlic clove, crushed
4oz pearly barley (pre-soaked for one hour)
tiny pinch thyme
12 fl oz homemade vegetable stock
2 sage leaves

Heat the olive oil in a medium pan and cook the pumpkin and onions until golden brown.

Add the garlic and herbs and continue to cook until well browned.

Add the drained barley and the vegetable stock and bring to the boil.

Reduce the heat and simmer gently, covered, for 20-30 minutes. Check the amount of stock in the pot frequently - the barley will absorb most of the liquid and the end result should be very moist but not runny.

Sweet Couscous Treat (7 months+)

Here's a recipe for a sweet couscous treat for your baby that would make a perfect breakfast or a substantial dessert!

Couscous is made from wheat semolina - the individual "grains" are kept separate by a coating of flour. Although it is often treated as a grain, it is actually a kind of pasta. Because the individual pieces are so tiny, couscous cooks incredibly quickly - which means it's ideal if you need to put together a quick meal for your little one.

Couscous is usually used in savory dishes - but it works really well in sweet dishes, too! This recipe is appropriate for babies of at least 7 months of age who are happily enjoying more textured foods. Couscous is NOT suitable for babies on a wheat-free diet. And one more thing before we get to the recipe... although many babies enjoy couscous, it can be VERY MESSY for the novice diner! So make sure you've got the floor around baby's highchair well covered!

For this sweet couscous treat you will need

6oz quick cooking couscous
4fl oz apple juice
1fl oz water
1 fresh peach, peeled and well chopped
around 8oz white seedless grapes, peeled and well chopped
4tbsp thick, natural yogurt
a little maple syrup
cinnamon

Place the apple juice and water into a pot and bring to the boil.

Meanwhile, place the couscous into a heatproof bowl.

Once the juice and water mixture has come to a boil, pour it over the couscous and cover.

Set aside for 5 minutes.

Remove the cover and use a fork to separate the couscous grains.

Stir in the chopped fruit - as soon as the mixture has cooled sufficiently, place it in the refrigerator.

Combine the yogurt with the maple syrup and cinnamon and stir well.

Once the couscous mixture is nice and chilled, serve it to your baby topped with a spoonful of the yogurt!

Cooking Spaghetti Squash For Baby (7 months+)

Spaghetti squash has a delicate flavor and can be found in creamy or orange colored varieties. The orange type is ideal for your baby as it is high in beta-carotene and also has a sweeter flavor.

The easiest way to cook spaghetti squash for your baby is to bake it whole (pierce the shell in a few places first) at 375 deg F, until it feels tender.

What gives spaghetti squash its name is the way it produces spaghetti-like strands once its cooked - just halve it, remove the seeds and run a fork down the length of it to separate and remove the strands. You can use these in your recipes in place of spaghetti, or chop them to add a little texture to food for older babies.

This recipe is suitable for babies from 7 months of age and is really delicious - as well as a great meal for baby, it would also make a nice vegetable side dish or a vegetarian main meal for the grown-ups!

Cheesy Baked Spaghetti Squash For Baby

1/2 small baked spaghetti squash, separated into strands and placed in a sieve to drain
2-3 tsp butter
3tsp flour
1/2 garlic clove, crushed
6 fl oz milk (you can use breast milk or formula for younger babies)
2oz cheddar cheese, grated
good pinch fresh, chopped chives
2oz bread crumbs
1 tsp wheat germ

Heat the butter gently in a small pan and stir in the flour and garlic. Keeping the heat low, cook for a few minutes, stirring continuously.

Bring the milk to a boil, then slowly pour into the flour, stirring constantly, until the sauce thickens.

Stir in the chives and half the cheese.

Squeeze the strands of squash to remove excess moisture and place in a small baking dish. Pour the sauce over the top, mixing well.

Mix the rest of the cheese with the bread crumbs and wheat germ and use this mixture to top the squash.

Flatten gently with the back of a spoon and bake at 375 deg F until the cheese sauce is bubbling and the top is golden brown.

Cool to a safe temperature for your baby and serve, chopping as necessary to achieve the ideal texture for your little one!

Nice And Easy Chicken Dinner (7 months+)

Here's a simple, one-pot chicken dinner for your baby that cooks in under half an hour. It's sweet and delicious - and you can either chop it for older babies happy with lumps, or puree it for younger babies who like their food smooth.

You will need

1 boneless, skinless chicken breast, cut into small pieces
1 medium sized sweet potato, peeled and diced
1 apple, peeled, cored and diced
16 fl oz homemade chicken stock
little pinch of cinnamon

Bring the chicken stock to a simmer over a medium heat and add the chopped chicken.

Cook for 10 mins.

Add the sweet potato and apple and continue to simmer for around 10-15 mins, until the sweet potato is tender.

Stir in the cinnamon and blend or serve chopped.

Something Special For Baby - Butternut Squash Risotto (7 months+)

How about cooking a delicious risotto for your little one this weekend? OK, making a risotto for one may be a little TOO much work! But this recipe is so tasty that you could serve it to the rest of the family, too - as an appetizer, side dish or even a main course.

You will need

1 tablespoon olive oil
1oz spring onions (green onions or scallions), sliced very thinly
2oz fresh parsley, chopped
14oz butternut squash, peeled and diced
20fl oz homemade chicken stock
4 1/2 oz Arborio rice (this is the best type of rice for risotto because it gives a lovely, creamy result. Regular rice is not a good substitute - but, fortunately, Arborio rice is widely available.)
2tsp butter (optional)
2oz Parmesan cheese

In a heavy-bottomed pan, saute the sliced spring onion in the oil until golden.
Add the rice and stir well, coating the grains with the oil.
Increase the heat and add a ladleful of the chicken stock (broth). Stir continuously until all the stock has been absorbed.
Add the squash and the parsley, along with another ladleful of chicken stock and keep stirring to stop the rice from sticking (we did warn you this one takes a bit of work!).
Keep adding the broth until the risotto is done - the grains of rice should still be visible, but they should be tender with no hard centre (this should take around 20 mins).
If you want to use the butter, stir it in at this point. Stir in a little Parmesan cheese and use the rest to top the risotto!

Simple Veggie Risotto (7 months+)

Suitable for babies from around 7 months, this dish is quite textured at the end of the cooking time and is ideal for babies who are able to enjoy soft lumps.

You will need

2oz Arborio (risotto) rice
1tsp butter
homemade vegetable stock
1/2 small courgette (zucchini), diced very finely
2oz finely grated carrot
1oz grated Parmesan

How to make it

Melt the butter in a frying pan (skillet) and add the risotto rice, stirring well to make sure that the butter coats the grains.

Cover the rice with the vegetable stock and stir well. Simmer, stirring constantly, until the rice has absorbed all the stock, then add some more and continue to simmer for 15 mins, adding more stock as necessary.

Add the diced courgette and finely grated carrot, stir well and cook for 5 minutes more. Top with the Parmesan and - hey presto - dinner is served!

Blueberry Popsicles (7 months+)

This recipe for Baby's Blueberry Popsicles is full of natural anti-oxidants, tastes wonderful and makes a lovely cooling treat on a hot day.

Blueberry juice is now available in many supermarkets, particularly in the US, but if you can't find it, then you can substitute any berry juice that your baby enjoys.

Please note, though, that - although blueberries are not commonly allergenic - some berries do provoke allergic reactions during the first year. So you may wish to wait until the end of your baby's first year to make these popsicles for him if you use any other berry than blueberries in the recipe.

You will need

4 fl oz blueberry juice

1 envelope gelatin (unflavored)

8 fl oz vanilla yogurt (or use natural yogurt and add a little vanilla essence)

8oz fresh blueberries (or alternative berry of your choice, noting the warning above)

Warm the blueberry juice in a small saucepan and stir in the gelatin.

Continue to stir until the gelatin has completely dissolved, then pour the mixture into a food processor and add the yogurt and blueberries.

Blend until completely smooth.

Pour the mixture into popsicle (lolly) moulds and freeze. Alternatively, you can use small, disposable cups and insert popsicle (lolly) sticks just as the mixture begins to freeze.

Stuffed Acorn Squash Baby Food Recipe (7 months+)

This recipe is ideal for babies who are enjoying soft lumps.

If you'd like to enjoy this acorn squash baby food recipe along with your little one, simply prepare the other half of the squash for yourself, adding extra seasoning as required and even a handful of chopped nuts for texture.

You will need

1/2 acorn squash
2oz uncooked brown rice
2oz broccoli florets, chopped
2oz cauliflower florets, chopped
2oz grated Cheddar cheese

Preheat the oven to 375 deg F.

Cut an acorn squash in half and scoop out the seeds (the quantities in this recipe are based on using only HALF the squash. If you want to cook the whole thing, please double the rest of the quantities, too).

Place the acorn squash into a baking tray and pour in a little water to prevent the squash sticking to the tray. Put into the oven and bake for 35 mins.

In the meantime, cook the brown rice according to the directions on the pack. About 5 mins before the end of the rice's cooking time, throw in the broccoli and cauliflower florets.

Remove the squash from the oven and fill it with the rice mixture. Top with the cheese. Return to the oven and bake for a further 20 mins, until the cheese has completely melted and the squash is nice and tender.

Easy Peasy Steamed Chicken and Apple (7 months+)

You can substitute any of the veggies in this recipe for whatever is available locally (or whatever your baby prefers) - you can also increase the quantities and make these chicken parcels for the rest of the family, too!

Once cooked, this dish can be chopped to size for your baby and also purees very well if necessary.

You will need

- 1 skinless chicken breast
- 1/2 tsp olive oil
- tiny piece of root ginger, peeled and crushed
- 1/2 small sweet potato
- 1 small garlic clove, crushed (optional)
- 1/2 small red pepper, diced
- 2 or 3 small broccoli florets
- 2 fl oz unsweetened apple juice

How to make it

Preheat oven to 375 deg F, 190 deg C.

Cut a square of aluminum foil and put the chicken breast in the middle.

Drizzle the olive oil over the chicken and add the ginger, garlic and veggies.

Gather the foil together to create a 'parcel', then pour in the apple juice.

Seal the parcel and sit it on a baking sheet, then place in the oven.

Bake for 20-30 mins, until the chicken is cooked through and the veggies are tender.

TAKE CARE WHEN YOU OPEN THE PARCEL - don't burn yourself on the escaping steam.

Bon appetit, baby!

Cool Couscous and Banana Pudding (7 months+)

This creamy, dreamy dish for baby is simply delicious! You can serve it as a dessert... or even as an unusual and appetizing breakfast!

The tiny couscous 'grains' are very easy to prepare - no actual 'cooking' is required as they merely need to soak in boiling water. This means that you can put this tempting treat together for your baby in minutes!

Although couscous grains are very small, they do add texture to this dish - so it won't suit babies who like their food completely smooth! But those happy with 'lumpier' foods will love it (and so will you!).

Because couscous is made from wheat semolina, this recipe is unsuitable for those who need to avoid wheat or gluten (babies under 6 months of age in particular).

You will need

1oz (1/8 cup) uncooked couscous (use the whole wheat variety if available)
water or apple juice
4oz (1/2 cup) natural yogurt
1 small banana, mashed

How to make it

Prepare the couscous according to the directions on the pack - to add a little interest to this dish, you can soak the grains in apple juice instead of water.

Mix the mashed banana with the natural yogurt.

When the couscous is ready, combine it with the banana/yogurt mixture and serve at once (otherwise the banana will discolor).

You can also add...

...a little maple syrup for sweetness! Alternatively, stir in some pureed melon - or even pureed strawberries if your older baby has been safely introduced to them. Yum!

Tempting Turkey Loaf (7 months+)

This recipe is suitable for babies of at least 7 months of age who have already been introduced to all the ingredients. You can serve the loaf mashed with some gravy, or even sliced as a finger food - if you choose to serve gravy, then you can easily make your own by combining arrowroot with homemade chicken stock (you need to use 1tbsp arrowroot per 8 fl oz stock). Just pour the stock into a saucepan, add the arrowroot and heat, stirring constantly.

Here's what you'll need to make the turkey loaf...

1 1/2 lb (3 cups) cooked turkey, diced
8oz (1 cup) fresh whole wheat breadcrumbs
4oz (1/2 cup) celery, chopped finely
2oz (1/4 cup) fresh parsley, chopped
2oz (1/4 cup) green bell pepper
6 fl oz (3/4 cup) homemade chicken stock
1 1/2 tbsp oil combined with 1tsp baking powder
1tsp Worcestershire sauce (optional)
2tsp crushed garlic

Preheat the oven to 325 deg F, 160 deg C.

Next, combine all the ingredients thoroughly in a bowl, then press into a non-stick loaf pan.

Bake for 45 mins, then serve warm.

Baby Cheesecake Treats (8 months+)

Many of the ingredients in regular cheesecake are unsuitable for babies - so here's a simple recipe for a delicious alternative that your little one can enjoy. This recipe makes a perfect finger food for your baby and has a lovely "mooshy" texture!

To make your baby cheesecake treats, you will need

4oz dried apricots
1tsp vanilla essence/extract
8oz cream cheese
toasted wheat germ

First, soak the apricots in water until softened.

Place the apricots in a food processor and process until finely chopped.

Add the vanilla and cream cheese to the processor and blend until nice and smooth.

Place the wheat germ into a small bowl and drop the cream cheese mixture on to it, a teaspoon at a time.

Roll the cream cheese in the wheat germ, forming it into little balls.

Your cheesecake treats are ready to serve - they will have some texture to them (the apricots will not puree completely), so they are ideal for babies who have been introduced to all the ingredients separately beforehand and who are comfortable with textured foods.

Cheesy Sausages (8 months+)

Real sausages are too high in salt to offer to your baby - but these cheesy sausages make a tasty alternative and are ideal for vegetarians, too! Try offering these to your baby when he is comfortably enjoying finger foods - you can make the mixture ahead of time and freeze it, but the sausages don't freeze well once you've cooked them.

You will need

5oz wholemeal breadcrumbs
1oz wheat germ
1oz butter
6 spring onions (also known as scallions or salad onions!)
6oz zucchini/courgette, peeled
5oz cheddar cheese
1 egg yolk
natural yogurt
little olive oil
1tsp chopped, fresh parsley

Prepare the sausage mixture at least 2 hours before you plan to cook the sausages for your baby...

To make the breadcrumbs, process wholemeal bread in a food processor. Stir in the wheat germ.

Grate the courgette and squeeze out as much liquid as possible.

Chop the onion very finely and saute in the butter until tender, then stir in the courgette and continue to cook until the courgette is tender.

Put the onions and courgette into a bowl and combine with about half the breadcrumb mixture, the egg yolk and the parsley. Mix well.

Form the mixture into sausage shapes, roll in the yogurt and then in the rest of the breadcrumbs, until well coated. Chill for at least 2 hours.

Fry the "sausages" in the olive oil until golden, cool to a safe temperature and serve!

Frozen Banana Fingers (8 months+)

Here's an interesting but simple finger food idea that is ideal for cooling sore gums AND filling baby's tummy.

This recipe is suitable for babies who are coping well with finger foods.

You will need

1 ripe banana
natural yogurt
wheat germ

Peel the banana and cut it into thick 'fingers'.
Dip each banana finger into the yogurt and make sure it is well coated.
Then, roll each finger in wheat germ until thoroughly covered.
Finally, freeze the fingers on sheets of greaseproof paper and serve when firm.

Plum and Banana Swirls (8 months+)

Here's a great finger food recipe for accomplished self-feeders!

This recipe calls for plums - we recommend choosing large, fully colored red or purple plums when making food for your baby, as they tend to be juicier and sweeter. To make the plum puree, simply wash the fruit thoroughly, then cut an "x" into the side of the skin. Pour about an inch of water into a small saucepan and simmer the plum, 'x' side down, until nice and soft. Then it's simply a matter of removing the skin and stone before pureeing.

It's a good idea to always cook plums for your baby with this skin and stone intact, as this is believed to preserve the natural sweetness of the fruit.

All you need is

- 1 whole wheat tortilla
- 1 small banana
- 1 plum, pureed

Puree the banana and mix it with the pureed plum. You don't want the mixture to be too runny, so only add enough pureed plum to achieve a nice, 'spreadable' consistency. Then, spread the mixture over the tortilla and roll it up tightly. Finally, cut the roll into 1-2 in pieces!

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Fabulous Fish Nuggets (8 months+)

Here's a really tasty and nutritious finger food recipe for you, using fish and veggies!

Always take great care when preparing fish for your baby - even 'boneless' fish fillets may contain small bones, so it's a good idea to check for them both before AND after cooking.

Here's what you'll need

8oz (1 cup) cooked white fish - use your baby's favorite fish and simmer in milk until it flakes with a fork

1 egg yolk

2 medium sweet potatoes, peeled and grated

3oz cooked broccoli, chopped

2tbsp green onions (also known as spring onions or scallions), chopped

1tbsp vegetable oil

1tbsp fresh parsley, chopped

How to make baby's fish nuggets

Place the fish, cooked broccoli, green onion and parsley in a food processor and blend.

Stir in enough of the egg yolk to bind the mixture together and leave it slightly sticky.

Using your hands, divide the fish mixture into individual 'nuggets'.

Blot any excess moisture from the grated sweet potato with a piece of kitchen towel, then roll the nuggets in the potato until they are completely coated.

Press the nuggets gently with your hand to flatten them a little, then fry them in the vegetable oil until golden in color and crispy.

Your older children will love these, too - and they are delicious served with homemade carrot 'fries' - just cut peeled carrots into 'sticks' (just under 1/2 inch thick), drizzle them with olive oil and bake them for around 20 mins at 390 deg F (200 deg C) until tender.

Mmmm!

Homemade Oatcakes with Cottage Cheese (10 months+)

These oatcakes for baby are incredibly easy to prepare - and make a satisfying finger food for older babies who are happily biting and chewing! Remember that oats may contain traces of gluten - so this recipe is not suitable if your baby is following a gluten-free diet.

You will need...

4 fl oz (1/2 cup) boiling water
6oz (3/4 cup) oatmeal (medium)
1tsp unsalted butter

In a bowl, stir the butter into the boiling water until it has completely melted.

Next, stir in the oatmeal and allow the mixture to stand for 5 minutes - you should be left with a fairly stiff dough.

Rub some oats on to a surface suitable for rolling out the dough (to stop it sticking).

Turn out the dough, then form it into a ball.

Next, roll it out to around 1/4 inch thick.

Cut it into shapes - triangles are more traditional, but any shape will do!

Place the uncooked oatcakes on a greased baking tray and bake at 350 deg F (180 deg C) for around 15-20 mins, until golden.

Cool, then top with cottage cheese (or serve it as a dip). You can combine the cottage cheese with a fruit puree that your baby enjoys - banana works well, as do peach, apple and pear! Yum yum!

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Simple Oatmeal and Banana Bars (10 months+)

Here's a really quick and easy recipe for chewy oatmeal bars.

This recipe uses just two ingredients, is ideal for older babies who are chewing well and would make a lovely, healthy snack for your little one when you're out and about!

The method is simple - just take a nice, ripe banana and mash it thoroughly. Then, stir in ground oats (you can easily grind oats using a small food processor). Your mixture is ready when it becomes a sticky dough.

Divide the mixture up into small pieces, then press into bars (or whatever shape you choose). Bake in an oven preheated to 350 deg F (180 deg C) for about 10-15 min, until the bars are golden. Only cook the bars to the point where they retain their chewy texture - the longer you cook them, the harder they become.

Yogurt Crusted Cod For Baby (10 months+)

Here's a recipe for you that makes a healthy alternative to traditional fish fingers. The yogurt coating is nice and crispy, so this would be a wonderful finger food for an older baby who enjoys a little texture!

Note: You need to start preparing this dish well ahead of time, as the fish needs to marinate for several hours.

PLEASE BE CAREFUL TO CHECK THE COD CLOSELY FOR BONES. Even if the packaging states that the fish is boneless, it is possible that bones may remain.

To make yogurt crusted cod for baby you will need

2tsp chopped fresh mint
1 small spring onion (also known as scallion or green onion)
1 small clove of garlic, crushed
pinch paprika
1/2 tsp cumin
1/2 tsp dried dill
2oz natural, unflavored yogurt
8oz cod steak

Combine the mint, onion, garlic, paprika, cumin, dill and yogurt in a food processor and blend until it becomes a thick paste.

Spread the mixture over the cod steak and refrigerate.

Leave to marinate for 3 hours.

Cook the fish under a hot grill/broiler, basting from time to time. The cod is cooked when it flakes with a fork and the yogurt has formed a crust.

Cut into fingers and serve!

Try increasing the quantities and serving this with some rice and salad for a healthy meal for the whole family!

Homemade Croutons For Baby (10 months+)

Our babies have always loved homemade soup - it's nutritious and easily digestible, thanks to the cooking process that breaks down the ingredients. It's a great way to give your baby vegetables that he may otherwise refuse - and is also a soothing food if he's a little under the weather.

Something our children really enjoy as an accompaniment to their soups are homemade croutons. Ready made croutons are often high in salt and too hard in texture for babies to enjoy. But our homemade croutons have a very light texture - and we make them far bigger than usual so that they can be dipped into soup as a finger food, rather than poured straight into the bowl.

Homemade croutons are very easy to make - when you make a batch, you can cut some smaller, 'regular' sized ones for the adults, and cook them separately with a little extra salt if you prefer.

Here's what you'll need

A few slices of whole wheat (wholemeal) bread
a little olive oil
freshly ground black pepper (optional)

First, pre-heat your oven to just 275 deg F (135 deg C).

Next, remove the crusts from the bread with a sharp knife and cut the remaining bread into fingers, or four squares (remember, you can divide these squares further and make smaller croutons if you prefer).

Drizzle the bread with olive oil and sprinkle with the black pepper, then place on a baking sheet.

Put the baking sheet in the oven and cook the croutons for about 10-15 mins, tossing from time to time, until lightly golden all over. Don't allow them to become too dark in color, as they will also become harder.

And that's all there is to it! These homemade croutons will have a light, crispy texture - perfect for babies just getting to grips with biting and chewing!