

Eating well: 6 months to 2 years

For South Asian children

WITH
OVER
30
RECIPES

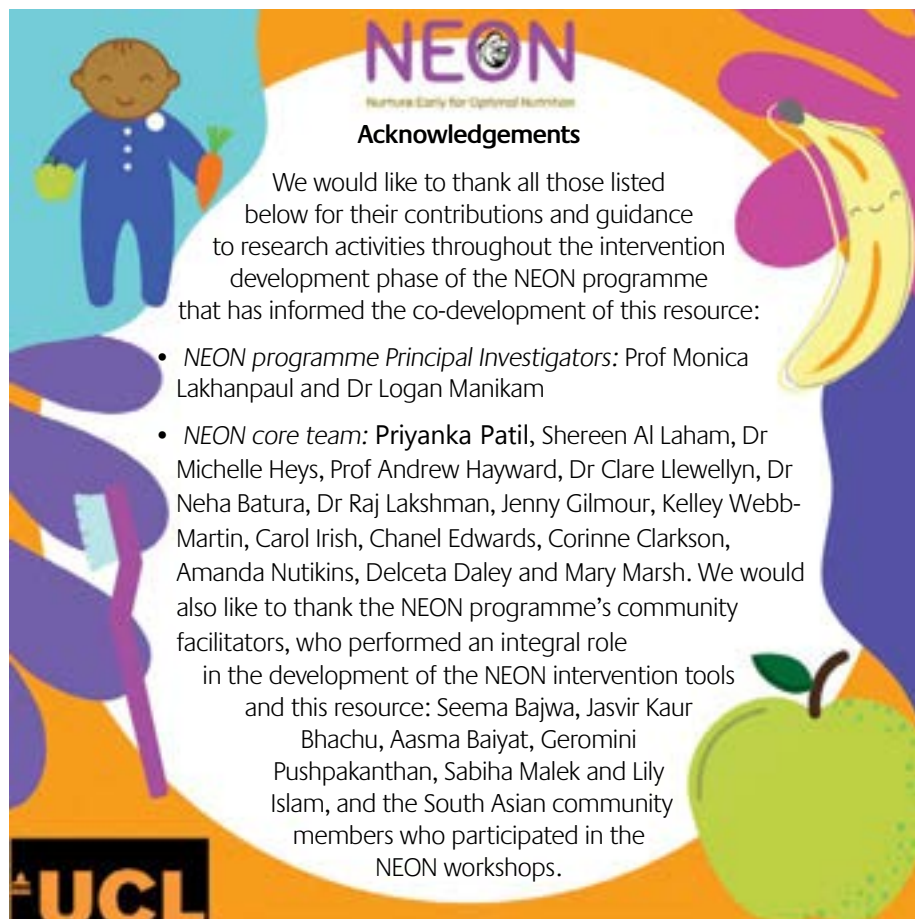


Eating well: 6 months to 2 years – For South Asian children

Author: Dr Helen Crawley, First Steps Nutrition Trust.
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Feeding your baby – part of the nurturing care you give

Feeding your baby in the first 2 years of life is part of the important nurturing care you will give.



Six reasons why eating well matters in the first 2 years of life

In countries all around the world it is recommended that all babies are exclusively breastfed for the first 6 months of life, and that breastfeeding continues alongside solid food from 6 months to 2 years.

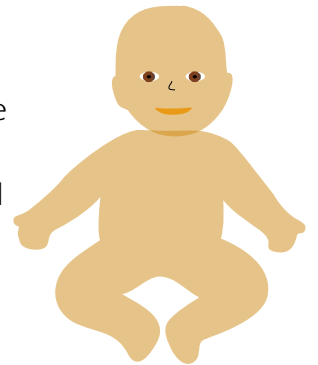
From about 6 months of age, babies are ready for new tastes and textures of food, and a wide variety of foods. Simple, unprocessed and minimally processed foods are all that children need.

Why does eating well matter?

1

Growth

Babies need the right foods so that they grow at the right pace. We want babies to grow to their full height and not be too light or too heavy, as this can have an impact on their health, both in childhood and as they grow older.



Brain

Getting the right nutrients from food will help your baby's brain to develop, and help your baby reach their full potential when they are an adult. Breastmilk is the best food to develop babies' brains at the start of life, and a good range of additional healthy foods will ensure this continues from 6 months to 2 years.

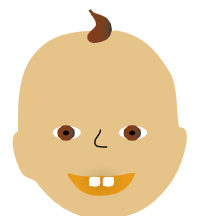


2

Teeth

A good diet from the start – one that limits sweet foods and has no added sugar – with regular toothbrushing and visits to the dentist from as soon as their teeth appear, will protect your baby's teeth. We need teeth throughout our lives to eat well. There is no need for any child to damage their teeth through eating a poor diet.

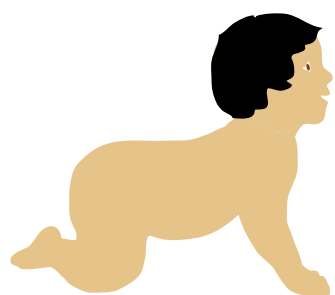
3



Development

Everyone wants their child to do the very best they can in life and to develop well, learning to move, to talk, to listen, and to interact with the world around them. Good nutrition and good food are an important part of early development.

4





Good food preferences

The foods you introduce your baby to will influence how they eat later in life. For example, giving children very sweet or salty foods can potentially damage their health now, and will mean they may choose these foods as they get older. This can lead to problems like overweight, diabetes and high blood pressure in adulthood. Starting your baby off on healthy food choices will help them develop good eating habits for life.



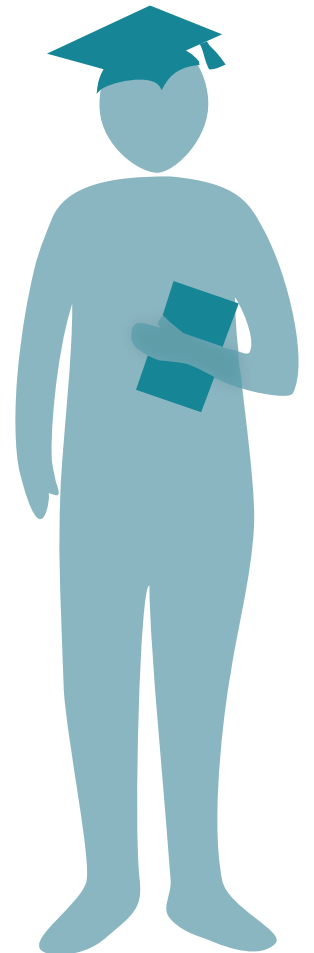
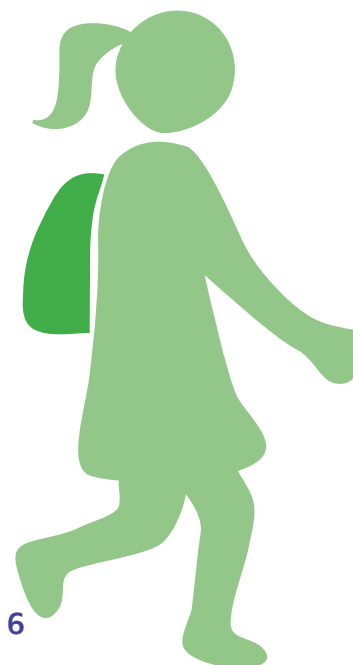
A healthy family

Introducing your baby to happy family eating occasions from an early age is important. This means sharing the same healthy food, allowing them to become independent eaters, and letting them follow the modelling on eating that other family members provide.



Helping your baby to reach their full potential

Every family wants their baby to reach their full potential and have a happy, healthy, successful life. Getting eating well right from the beginning will help your baby to be a healthy adult.



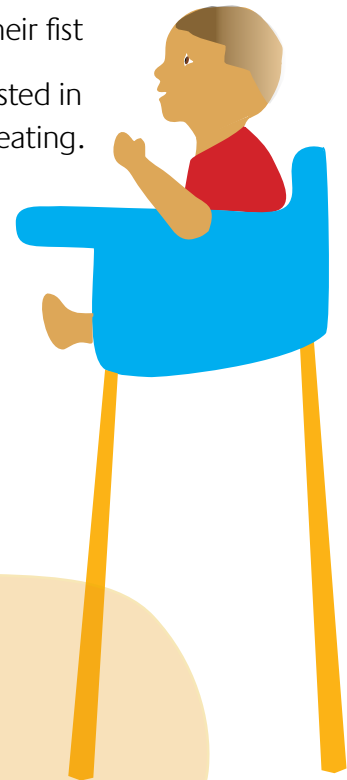
How to tell when your baby is ready for food other than milk

Every baby is different, but there are three clear signs which, together, show that a baby is ready for some solid foods alongside breastmilk or infant formula. It is very rare for these signs to appear together before 6 months of age.

- ✓ Baby can stay in a sitting position and hold their head steady.
- ✓ Baby can co-ordinate their eyes, hand and mouth so that they can look at the food, pick it up and put it in their mouth all by themselves.
- ✓ Baby can swallow food. Babies who are not ready will push food back out of their mouth. However, if they are given smooth, purée-type foods it is difficult to spit these out once in the mouth, so you may mistake involuntary swallowing of these foods with the ability to swallow food by choice.

The following things do **not** mean a baby is ready for solids:

- ✗ waking in the night when they have previously slept through
- ✗ needing extra milk feeds
- ✗ chewing on their fist
- ✗ looking interested in other people eating.



- ✗ Starting solid foods won't make a baby any more likely to sleep through the night, and extra feeds of milk are enough until the baby is ready for other food.
- ✗ Baby boys are not likely to be 'hungrier' than girls.
- ✗ Bigger babies don't need food at a younger age than other babies, as their organs develop at the same rate as in other babies.



Some easy rules to make sure your baby eats well

Be responsive to your baby

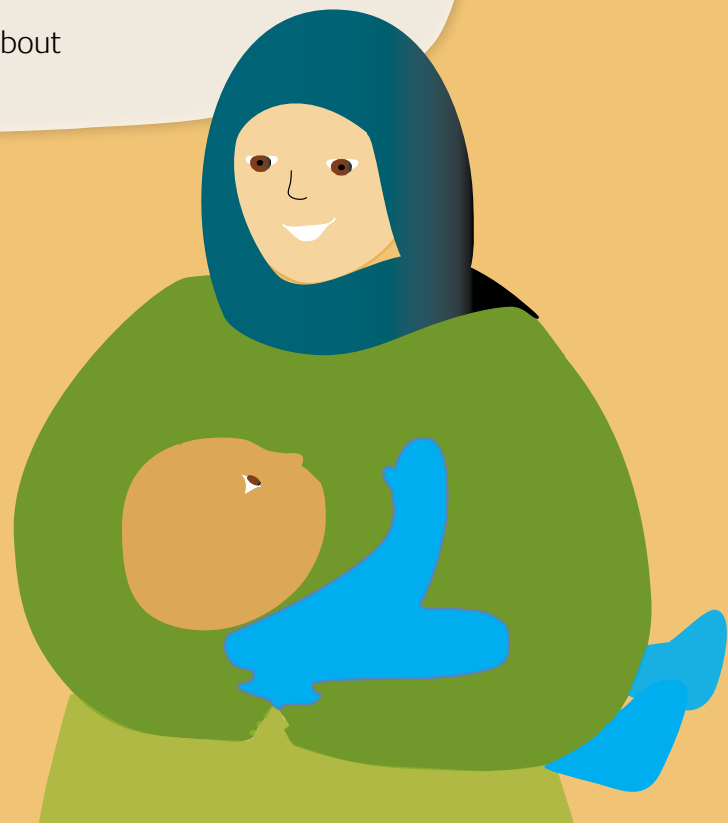
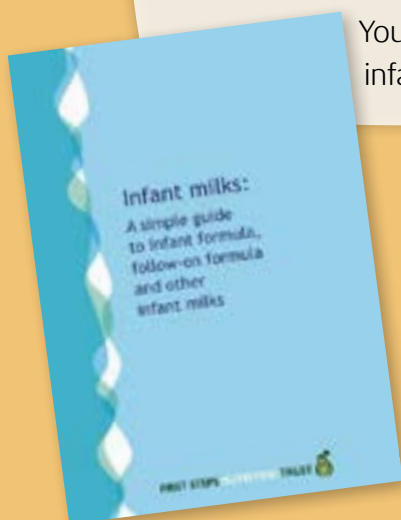
Nurturing your baby means that you watch and listen for their cues that they need your support. You will get to know when they are hungry, tired, need a nappy change or want to play. When you introduce food at about 6 months of age, follow your baby's lead on how much they want to eat at each mealtime.

Never force a baby to eat. They will eat more on some days than on others, and will eat more when they are having a growth spurt. As long as babies are meeting their developmental milestones, you don't need to worry if their appetite varies from day to day.

Milk matters

- Breastmilk is the best milk drink for babies and children in the first 2 years of life.
- If babies are not breastfed, or if they are partially breastfed, the only milk drink most babies need in the first year is first infant formula. If you think your baby might need another infant milk, talk to your health visitor.
- From 1 to 2 years of age, if a baby is not breastfed, then whole (full-fat) cows' milk can be the main milk drink. If your baby cannot drink cows' milk for any reason, talk to your health visitor.

You can find out more about infant milks [here](#).



Give your baby only milk or water as a drink, moving from bottle to cup

Drinks for babies

- In the first year of life, babies only need breastmilk or infant formula as their main milk drink. Breastfed babies don't need additional drinks of water. Formula-fed babies may need small additional amounts of water if the weather is hot. Breastmilk is still the best milk drink to offer from 6 months to 2 years.
- From 6 months of age, you can give your baby a small amount of water at mealtimes, to get them used to holding a cup. If you use a baby cup and only give a small amount at a time, they won't make too much mess, and practice will make perfect.



- No other drinks are needed in the first year. Anything that is fruit-based can damage your baby's teeth – whether it has sugar in it or not – and offering any sweet drink will get babies used to this taste. Don't give tea (even if made with milk) or coffee to babies.



Drinks for toddlers

- From 1 year of age, you can give your baby their milk (other than breastmilk) in a cup. Use an open cup or one that has a free-flowing spout, so that babies are not 'sucking' through a cup.
- Diluted fresh fruit juice can be given with meals, but is not needed. Never give any sort of sweet drinks between meals, as they can damage teeth.
- Milk and water are the best drinks for toddlers. Give your toddler their own water bottle and get them used to using this when they are thirsty.
- Too much milk can mean children don't eat enough at meals, so follow the advice on page 16-18 for the amount of milk babies and toddlers need.



Babies don't need purées – Understanding gagging and choking

- If you wait until your baby is ready for solid foods at about 6 months of age, they will be able to learn to manage food in their mouth and they will have a 'gag reflex'. This means they can push food out of their mouth to prevent choking.
- Babies do not need smooth purées, but some people introduce new foods and flavours in smooth forms when they start offering food, so that babies get used to handling food in their mouths. Babies can manage different textures and, while they will all develop their eating skills at a different pace, they can usually self-feed some foods from the age of 6 months.
- Many parents worry about their baby choking. The information below may help you to spot the difference between gagging and choking.

Understanding gagging and choking

Gagging

- The child will open their mouth and thrust their tongue forward. Their face may appear flushed.
- The child will sputter and cough. (These are good signs. It means they are working it out.)
- Children have a very good gag reflex, designed to keep them safe from choking.
- Do not interfere with a gagging child. This can lead to actual choking.
- Let them work it out!

Choking

- The child's skin may look paler, and their lips may turn blue.
- The child will be silent and unable to make noise.
- The child may begin coughing, if it is a partial blockage. (This is a good sign that they are clearing their passage.)
- If the child is silent and the skin is turning pale, use standard first aid measures to dislodge the blockage.

To learn more about first aid and find a class, see www.redcross.org

Never leave a baby alone when they are eating or drinking, whatever food or drink they are being given

- Babies and young children should never be left alone either with a bottle or with any other food or drink.

Babies don't need teeth to eat well

- Some people think that babies need to have teeth before they can chew, but babies can manage a wide range of foods even when they have only gums or very few teeth. Babies can mash foods with their gums until their molars (the teeth they will use to start to grind food) develop between 10 and 16 months of age.
- When babies are teething, they might prefer to eat softer foods, or to eat from a spoon, or they might like cold food or hard foods to bite on.
- Don't give babies sweetened foods when teething, like biscuits or rusks. Offer bread crusts or pieces of fruit and vegetable.

Did you know?

A lot of baby food that you buy in pouches and jars – that looks as if it offers vegetable flavours – often contains lots of fruit and is very sweet. It is much better to offer individual vegetable tastes so that babies get used to the taste and texture of vegetables.



Babies need time to learn to like new tastes and textures

- Babies can often eat a range of textures from 6 months. Follow your baby's lead on the texture they can manage. Encourage them to use finger foods and hold a spoon and be part of the family meal.
- Babies will need time to get used to new tastes and textures. A baby may look as if they don't enjoy a new flavour or type of food the first few times you give it to them. But if you continue to give that food, babies are likely to start to enjoy it.
- Remember that babies around the world are often given first foods that are savoury or bitter and eat these happily. It is a myth that babies need sweet and bland foods. It is particularly important that savoury and vegetable tastes are given from the start of introducing solids, so that your baby comes to enjoy and accept these flavours. Babies are much more likely to take to sweeter fruit flavours, so save these foods for when other foods have been accepted.
- Don't give up when trying new foods – you may need to offer a food between 10 and 20 times. If your baby rejects it, just accept that it's not enjoyed 'today', but remember it might be enjoyed tomorrow.



Babies should be encouraged to be independent eaters – Finger foods

- Offer your baby foods that they can hold themselves from 6 months. We call these ‘finger foods’. The foods that are best for baby are simple foods and not processed baby foods in packets, even if they say ‘finger food’ on the packet.
- Some examples of finger foods to offer from 6 months and some for older babies are shown below.

Finger foods to offer babies from 6 months



AVOCADO



COOKED
BUTTERNUT SQUASH



CANNED
BUTTER BEANS



COOKED
CAULIFLOWER



COOKED
COURGETTE



PEAS



COOKED
RED PEPPER



COOKED
POTATO



COOKED EGG



COOKED CHICKEN



COOKED SALMON



BANANA



CANNED PEACH



MANGO



PINEAPPLE



STRAWBERRY

Finger foods for older babies aged 10 months plus



BREADSTICKS



TOAST



COOKED
MACARONI



RICE CAKES



COOKED OR RAW
CARROTS



CUCUMBER



GREEN PEPPER



COOKED
OKRA



RED PEPPER



COOKED
SWEETCORN



TOMATOES



CHOPPED
BLACK GRAPES

Start well at 6 months

- When you start to introduce food to your baby at about 6 months, you might offer food once a day to start with, either when they are looking alert before a milk feed, or when they are relaxed after a feed.
- Always make sure your baby is sitting up when you give them food – preferably in a highchair where they can be safely strapped in.

6-7 months is the time to get baby used to trying new flavours and textures of food. Offer small amounts of mashed foods as well as finger foods, gradually increasing the amounts. By the age of 7 months, they should be offered three meals a day alongside their breastfeeds or infant formula feeds.

- It is a good idea to get your baby used to having mealtimes with others sitting in a group.
- It is not a good idea to give babies small amounts of foods throughout the day, as this will mean that they won't be hungry for the meals that will provide the nutrients they need. It is easy to give too many calories if lots of little snacks are given.

Offer lots of different foods

- The easiest way to make sure a baby gets all the nutrients and goodness they need is by offering a wide range of foods. Some people think that certain foods shouldn't be given to babies in the first year of life, but most simple foods are perfectly suitable. All of the following foods can be given from 6 months of age, as long as they are prepared safely:
 - vegetables
 - pulses, nuts and seeds
 - fruits
 - eggs
 - meat and fish
 - cereals and grains.



No salt or sugar needed

- Don't add salt to food you give to babies and young children. Babies have immature kidneys and cannot handle a lot of salt. Also, making food salty will encourage a taste for salty foods.



- The whole family should think about how much salt they use. High salt intakes are linked to high blood pressure, and reducing the amount of salt used in recipes and cutting back on high-salt foods is important for everyone.

- Babies and toddlers do not need sweet and sugary foods. Babies should not be given honey in the first year of life because honey can contain a toxin that can be dangerous for a small person. Lots of sweet foods have few other nutrients and eating sugary foods may accustom a child to a diet which may lead to ill health when they are older.



- The more sugar your baby has, and the more times in a day they have it, the more likely they are to get tooth decay. Food can still taste good without having sugar added. You can use fruit to add a sweeter flavour to yoghurt, cereals or milk puddings.

Under-1s don't need snacks

- Even though you can buy 'baby snacks' in shops, these are not needed at all. Babies have a small appetite and when they do eat food this needs to be good, nutritious foods. Also, offer flavours and tastes of the sort of foods that you want them to eat when they are older. Do you really want a baby to start their food journey on snack food packets?

Nutritious snacks for toddlers

- When children get to 1 year of age, they will be getting the majority of their energy and nutrients from the meals they eat.
- Toddlers will need nutritious snacks between meals as they are growing rapidly at this stage and only have small tummies. This does not mean that they need 'snack foods' – foods like crisps, biscuits, cakes, lollies and sweets, which are sometimes sold as snacks for little ones. These sort of snack foods offer calories but few useful nutrients, and can

fill toddlers up without them getting all the nutrition they need. You can find out more about good snacks to offer toddlers [here](#).

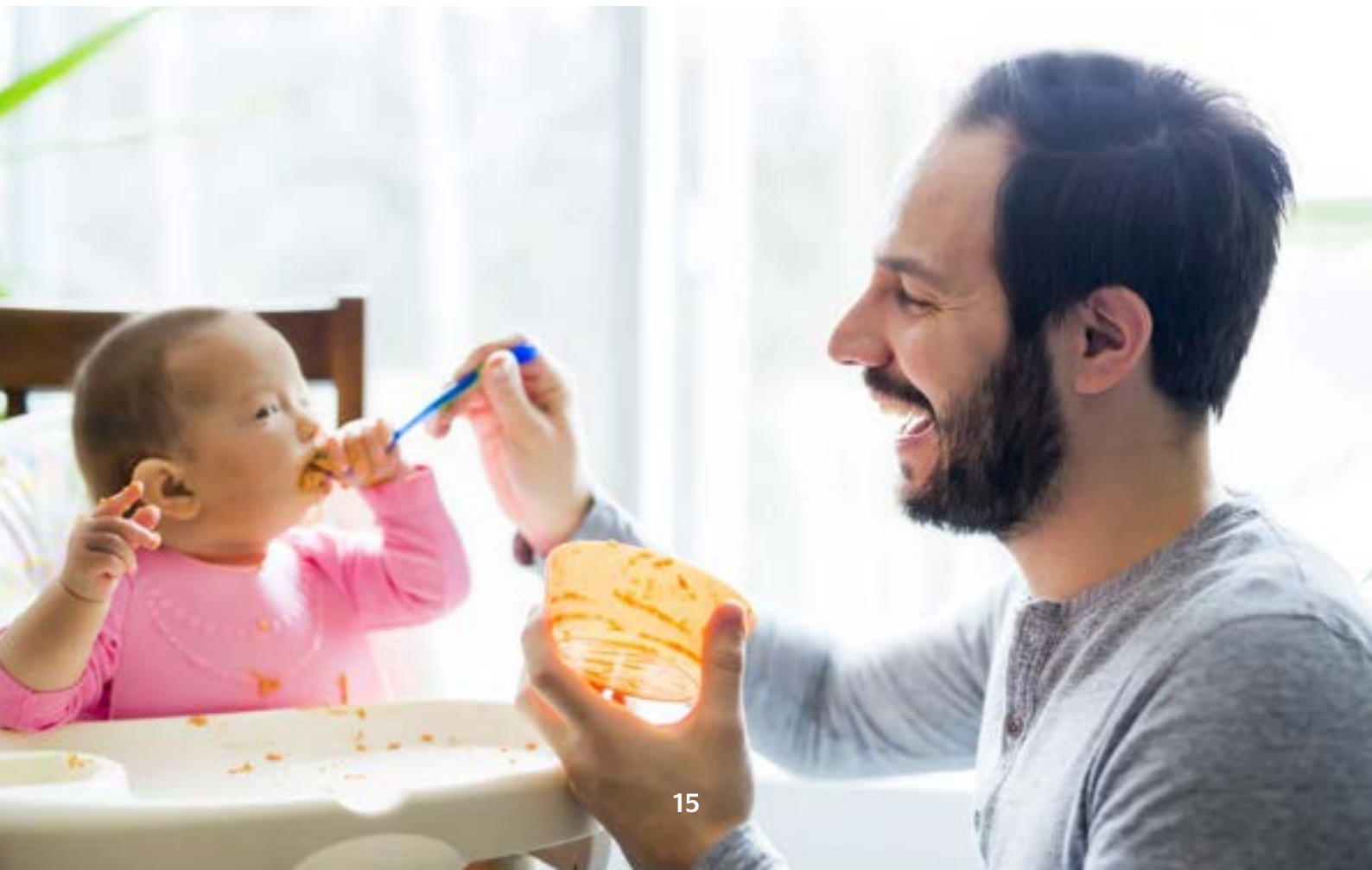


Offer treats only very occasionally

- Many special occasions are marked with foods and drinks, and everyone enjoys celebrating together with foods and drinks that are traditional treats. However, sweet treats should be saved for special occasions and should not be seen as everyday foods. If there are a lot of celebrations in your family group, ask relatives and friends to bring foods other than sweets and cakes. The whole family will benefit from reducing the amount of unhealthy foods they eat.

Relaxed and happy meals with others

- Getting babies and young children used to eating with others, and enjoying similar tasty meals to the rest of the family, will get them used to eating well with others. We know that babies and young children follow the modelling they see from others eating, and a happy and relaxed mealtime takes the stress out of feeding babies.



What does eating well look like?

What does eating well look like for a 7-9 month old baby?

By 7-9 months of age, a baby should be eating a range of mashed foods and some finger foods, and be eating three meals a day, as well as having about four milk feeds.

A 7-9 month old baby might have an eating pattern something like the one shown below.

A baby of this age needs about 600ml of breastmilk or formula milk a day. Breastfed babies will always take the amount of milk they need and **you don't need to know the amount or worry that they are not having enough. Carry on feeding responsively.**

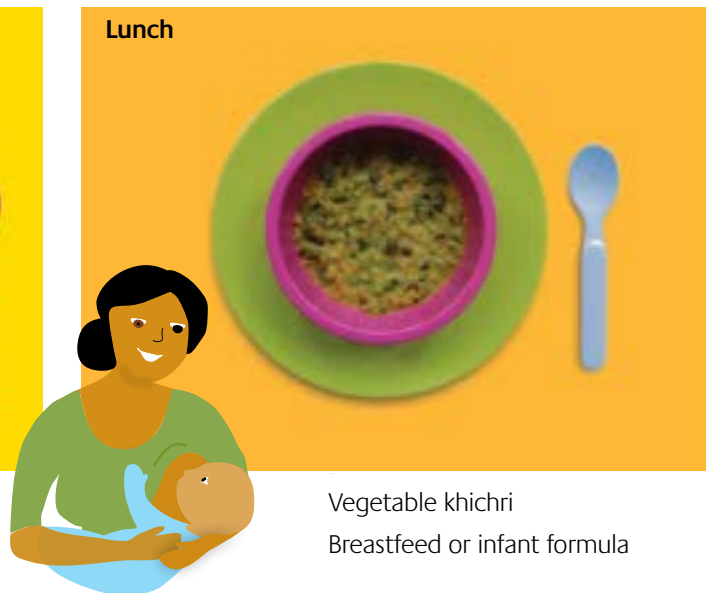
It is important not to worry about portion sizes at this age. There will be mess, and there will be days when babies eat a lot less than on others. Never force babies to eat, and accept that learning to eat is part of overall development.

Example menu plan for 7-9 month olds

Breakfast



Lunch



Tea



Before bed

Breastfeed or infant formula



What does eating well look like for a 10-12 month old baby?

By 10-12 months of age, a baby should be eating a range of minced and chopped foods and be eating three meals a day, as well as having three drinks of milk.

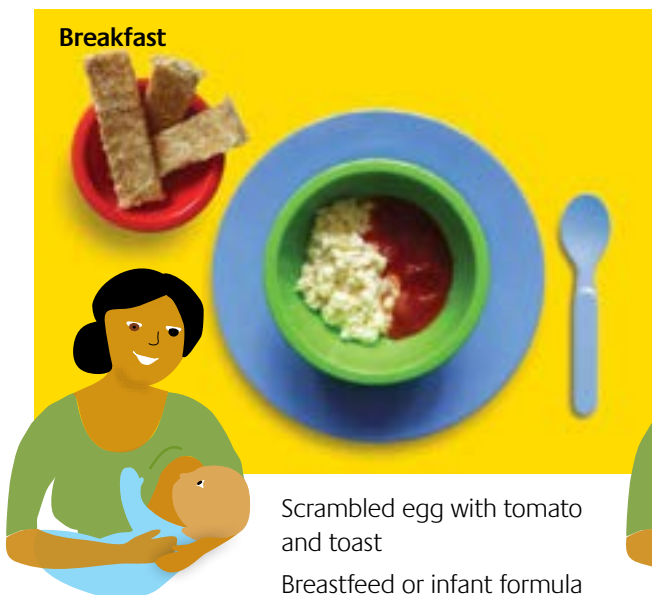
A 10-12 month old baby might have an eating pattern something like the one shown below.

A baby of this age will need about 400ml of milk a day. Breastfed babies will always take the amount of milk they need and **you don't need to know the amount or worry that your baby is not having enough.**

It is important not to worry about portion sizes at this age. There will be mess, there will be days when babies eat a lot less than on others, and some foods may be rejected completely the first time they are offered. Never force babies to eat, and accept that learning to eat is part of overall development.

Example menu plan for 10-12 month olds

Breakfast



Scrambled egg with tomato and toast
Breastfeed or infant formula

Lunch



Chicken and sweet potato curry
Finger food – courgette
Breastfeed or infant formula

Tea



Indian kitchari
Finger food – watermelon and pineapple
Breastfeed or infant formula

Before bed

Breastfeed or infant formula



What does eating well look like for a 1-2 year old baby?

Between 1 and 2 years of age, children will be eating three meals a day and having two nutritious snacks, and will drink about 350-400ml of milk a day from a cup if they are not being breastfed. Most toddlers will still need a nap in the day as well.

By 1-2 years of age, children should be more independent at mealtimes, feeding themselves with some help if needed. Food can be chopped and children may find it easier to eat some things with their hands.

A 1-2 year old baby might have an eating pattern something like the one shown below.

Example menu plan for 1-2 year olds

Breakfast



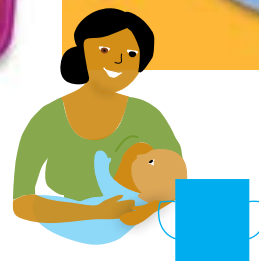
Snack Chapatti and carrot sticks



Lunch



Eggy bread fingers with strawberries
Finger food – boiled egg
Breastfeed or cows' milk in a cup

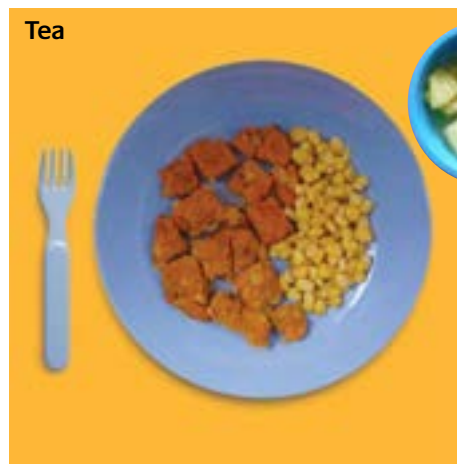


Aloo gajar
Plain full-fat milk yoghurt
Breastfeed or cows' milk in a cup

Tea



Snack Blueberries and mandarin orange



Tuna patties with sweetcorn
Pineapple canned in juice

Before bed

Breastfeed or cows' milk in a cup



Example recipes suitable for babies and young children from 6 months to 2 years

About the recipes

The following pages contain some recipes that families can use to feed their infants and young children. The recipes are designed so that the whole family can share the same main meals. We show how you can adapt the recipes for your little ones, to make the food suitable for them.

The recipes have come from the kitchens of London mums in Asian communities. They have all been tested to make sure they work and taste good.

For each recipe, we show portion sizes suitable for babies aged 7-9 months and 10-12 months, and for young children aged 1-2 years. (You can see the sizes of bowls and plates used in the photos on page 57.)

The recipes are for savoury foods, as babies and young children don't need sweetened dishes. Fresh or cooked fruit, or fruit canned in fruit juice, can be given as finger foods or with meals to offer children sweet tastes.

Amounts of foods the recipes make

Each recipe makes 4 portions for babies and young children, but the recipes can be made in bigger amounts to serve other family sizes. Four baby portions generally makes 1 adult main meal portion. So, for example:

- To serve a family with two adults, a school-aged child and a baby, you would need three times the amounts in the recipe.

INGREDIENTS x 3

- To serve a family with three adults, a teenager, a school-aged child and a baby, you would need five times the amounts in the recipe.

INGREDIENTS x 5

Finger foods

We recommend that babies are given finger foods at every meal, to encourage them to feed themselves and to get used to handling and picking up foods. We have included some ideas and three recipes for finger foods on pages 54-56. On pages 12-13 we give lots of examples of the sorts of finger foods you can offer. See also the two examples below.



Chickpea and spinach dahl with mashed sweet potato. Cooked red pepper as a finger food.



Rice with red lentils and cauliflower. Cooked green beans as a finger food.

If you are cooking for the whole family, remember:

- **Don't add salt** until the baby's portion has been taken out. All of the dishes shown here were made without salt and were eaten and enjoyed by the food photography team! Garlic, ginger, spices and herbs, as well as vegetables and other ingredients, provide lots of flavour.
- Very hot spices are best added after the baby portion has been taken out, but most spices are fine to include for babies and young children and will help them become used to family food flavours.
- Check food carefully for bones or any gristly lumps before giving it to babies and young children.
- Cool food to a safe temperature.

How did we come up with the amounts to offer?

Meal plans were put together for babies and young children for a week, using the recipes shown here alongside some milk and breakfast foods. The menu plans were analysed to make sure that, over a week, a baby would get the energy and nutrients (minerals and vitamins) they need if they eat a variety of foods like this.

- Babies need to eat well at meals alongside having breastmilk or first infant formula, but they don't need snacks.

- Toddlers aged 1-2 years can have fruit and vegetable snacks between meals with milk drinks. They don't need snacks from packets. Real food is much better for children, and will help them eat better as they get older.

For more information and ideas

For lots of other ideas for feeding babies aged 6 months to 2 years, click on the covers below.



Frequently asked questions – Food to offer infants and young children

Q Can I give egg white and egg yolk to babies?



A Yes, you can offer eggs to babies from 6 months – both the yolk and the white. Eggs are very nutritious, are good value for money and are quick and easy to cook. If you use eggs that have a Lion stamp (like the one in the photo), you don't have to boil them until the yolk and white are hard.

If you use eggs that do not have the Lion stamp, or eggs that are not chicken eggs, you should cook these thoroughly to reduce the risk of food poisoning.

Q Can I mix raw egg yolk with hot milk to give my baby?

A If the eggs you use have the red Lion stamp like the one in the photo above, then yes the egg yolk can be served when it is not fully cooked. If the egg does not have the Lion stamp, or if you use eggs that are not chicken eggs, then don't serve these eggs to babies or young children unless the white and yolk are both cooked to hard, as there might be a risk of food poisoning.

Q Can I use herbs and spices when cooking for babies and young children?

A Yes, but it is recommended that 'hot' spices like chilli are left out of food for babies and young children. You can introduce a range of herbs and spices, in moderate amounts, in dishes for babies and young children, and this will help to accustom them to healthy family foods.

Babies will have experienced some of the flavours of the food mum eats during pregnancy, and if babies are breastfed then baby will experience traces of what mum eats in her milk and may be more likely to accept these flavours.

Don't use any herb or spice mixes that contain salt or sugar.

Q

How useful are milk puddings or kheer – such as rice, sago or semolina pudding – for babies and young children?

A

Milk puddings should be made without sugar, and for babies in the first year they can be made with expressed breastmilk or full-fat cows' milk. They are soft and bland and commonly used as a first food. However, milk puddings don't offer many nutrients other than those in the milk and so *they should only be offered occasionally*.

Savoury dishes are usually a better source of the important nutrients that babies need to complement those in milk in the second six months of life and as toddler. It is important that babies and young children have a wide range of tastes and textures and that high amounts of soft, sweet or bland foods are avoided.

Q

Can I give my baby or toddler sugar-free or low-sugar drinks?

A

The only drinks that babies need are breastmilk, or first infant formula in the first year of life, or breastmilk or full-fat cows' milk in the second year of life, and water.

Avoid giving any other drinks as these may damage teeth, even if there are no sugars present. Artificial sweeteners should be avoided for the very young.

Q

Is flavoured milk a good choice for toddlers?

A

Avoid milk flavouring mixes as these may contain sugar or sweeteners and accustom children to sweet flavours. Children aged between 1 and 2 years who are not being breastfed can drink plain full-fat cows' milk.

Q

Are the baby foods you can buy in the shops better for my baby than the food I make at home?

A

No. When you cook for your baby yourself you can choose the ingredients, flavours and consistency of food that best suits your baby. Many baby foods in jars, packets and pouches have similar tastes, can have a lot of water added, and don't help your baby find out about foods that his or her family eats. These foods are also expensive and use a lot of packaging. Have confidence in your own abilities to feed your baby without using ultra-processed foods

Vegetarian dishes

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| Aloo gajar | 24 |
| Aloo methi | 25 |
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| Millet and sweet potato porridge | 29 |
| Mixed vegetables and dal rice | 30 |
| Palak paneer | 31 |
| Sabudana kheer | 32 |
| South Asian khichri | 33 |
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Aloo gajar

This recipe makes 4 portions of about 100g.

INGREDIENTS

1/2 tablespoon vegetable oil or ghee

1 medium onion, peeled and diced

1 clove garlic, peeled and crushed

3cm piece of fresh ginger, peeled and grated

1 green chilli, finely chopped

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander

1/4 teaspoon turmeric

2 medium potatoes, peeled and diced

2 medium carrots, peeled and diced

1 tomato, diced

3 tablespoons (45ml) water

1 tablespoon chaat masala powder

METHOD

1. Add the oil or ghee to a pan (which has a lid), and then add all the other ingredients except the chaat masala.
2. Stir well, put the lid on the pan and leave on a low heat for about 20 minutes until the vegetables are soft.
3. Stir in the chaat masala powder and leave on a low heat until the mixture turns orange/red.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 5 tablespoons

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



Aloo methi

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1 tablespoon vegetable oil or ghee
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 2 large potatoes, peeled and cut into small pieces
- 1/2 bunch of methi leaves, chopped
- 4 tablespoons (60ml) water

METHOD

1. Heat the oil or ghee in a pan (which has a lid), and add the cumin and turmeric.
2. Stir in the potato, methi leaves and water, put the lid on the pan and leave on a gentle heat for 10 minutes until the potatoes are soft.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

- 7-9 months: 3 tablespoons plus 3 tablespoons full-fat milk
- 10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk
- 1-2 years: 5 tablespoons, served with 2-3 tablespoons of rice

Bangladeshi khichri

This recipe makes 4 portions of about 100g.

INGREDIENTS

4 tablespoons rice (The rice can be pre-soaked.)

4 tablespoons mung beans

1/2 small onion, peeled and finely diced

1/4 teaspoon ground ginger

1/4 teaspoon turmeric

16 tablespoons (240ml) water

METHOD

1. Put all the ingredients in a saucepan (which has a lid), and bring to the boil.
2. Simmer for 20-25 minutes with the lid on until the rice and dal are cooked through.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 5 tablespoons

Lentil patties

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 3 tablespoons red lentils
- 1 teaspoon turmeric
- 1 medium sweet potato, peeled and diced
- 1 tablespoon grated cheese
- 1 egg, beaten

METHOD

1. Preheat the oven to 190°C / 375°F / Gas 5.
2. Boil the lentils with the turmeric in water until soft and then drain.
3. Microwave, steam or boil the sweet potato until soft.
4. Put the lentils, sweet potato, cheese and egg in a bowl. Mix well to make a stiff mixture.
5. Form eight small patties, put on baking paper on a tray and cook in the oven for 30 minutes.

These patties can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make them the right consistency for your baby. Or they can be served in pieces as a finger food, or for older children.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1 pattie plus 2 tablespoons full-fat milk

10-12 months: 1½ patties plus 2 tablespoons full-fat milk

1-2 years: 2 patties

Masoor dal

This recipe makes 4 portions of about 120g.

INGREDIENTS

200g red lentils

400ml water

1/4 teaspoon turmeric

1/4 teaspoon chaat masala powder

2cm piece of fresh ginger, peeled and grated

1 medium tomato, diced

1 small onion, peeled and finely diced

METHOD

1. Put all the ingredients into a saucepan and simmer with the lid on, on a medium heat, until the lentils and vegetables are cooked.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons

10-12 months: 4 tablespoons

1-2 years: 6 tablespoons, served here with half a paratha.
(See page 55 for this recipe.)

Millet and sweet potato porridge

This recipe makes 4 portions of about 100g.

INGREDIENTS

3 tablespoons millet

1 sweet potato

3cm piece of fresh ginger, peeled and grated

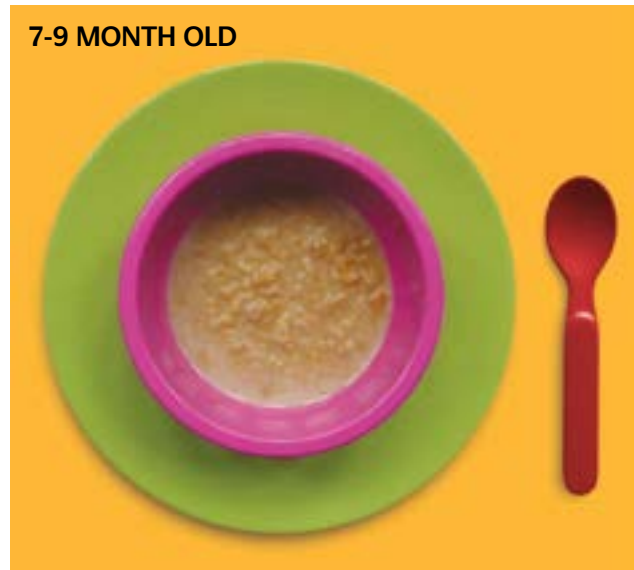
1 teaspoon ground cinnamon

METHOD

1. Boil the millet in water until soft. (You can soak the millet first to make this step quicker.)
2. Steam or microwave the sweet potato until soft. Take the flesh out of the skin and mash with the ginger and cinnamon.
3. Mix the millet with the sweet potato mixture.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 5 tablespoons

Mixed vegetables and dal rice

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1/4 tablespoon vegetable oil or ghee
- 1 small onion, peeled and finely diced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 tomato, diced
- 1/2 carrot, peeled and diced
- 10 green beans, topped and tailed, and cut into small pieces
- 1/2 small potato, peeled and diced
- 1 tablespoon red lentils or other dal, soaked in water for 1 hour
- 1 tablespoon white rice, soaked in water for 1 hour
- 2 tablespoons (30ml) water

METHOD

1. Heat the oil or ghee in a pan (which has a lid), or a pressure cooker, and fry the onion, cumin and turmeric for 1-2 minutes.
2. Add all the other ingredients and stir well. Place the lid on the pan and simmer gently for about 20 minutes until the vegetables, rice and dal are soft. If using a pressure cooker, cook for 5-6 whistles.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

PORTION SIZES SHOWN IN THE PHOTOS

- 7-9 months: 3 tablespoons plus 3 tablespoons full-fat milk
- 10-12 months: 4 tablespoons plus 3 tablespoons full-fat milk
- 1-2 years: 5 tablespoons, served here with half a paratha. (See page 55 for the recipe.)

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



Palak paneer

This recipe makes 4 portions of about 100g.

INGREDIENTS

250g spinach

1/2 tablespoon vegetable oil or ghee

60g paneer, cubed

1 small onion, finely diced

1 large tomato, diced

3cm piece of fresh ginger, peeled and grated

1/2 teaspoon ground coriander

1/4 teaspoon turmeric

METHOD

1. Wilt the spinach in a pan with a small amount of water.
2. Roughly chop the spinach.
3. Heat the oil or ghee in a pan and fry the paneer until golden. Remove the paneer from the pan.
4. Add the onion, tomato, ginger and spices to the pan and cook gently until the vegetables are soft. Add the paneer and spinach, and mix well together.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 1 tablespoon full-fat yoghurt

10-12 months: 4 tablespoons plus 1 tablespoon full-fat yoghurt

1-2 years: 5 tablespoons

Sabudana kheer

This recipe makes 4 portions of about 110g.

INGREDIENTS

600ml (1 pint) full-fat cows' milk

30g sago

Cinnamon stick

60g ground almonds

METHOD

1. Bring the milk to the boil, add the sago and cinnamon stick, and simmer for about 20-30 minutes, stirring regularly, until the pudding has thickened to a yoghurt-like consistency.
2. When thickened, remove the cinnamon stick, and add the ground almonds.

This dish can be served with raisins. Chop the raisins finely for babies. It can also be served as a savoury dish or breakfast dish. Sugar is not needed in milk puddings for infants and young children.

THIS DISH CONTAINS NUTS.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3½ tablespoons plus ½ tablespoon raisins

10-12 months: 4½ tablespoons plus ½ tablespoon raisins

1-2 years: 5½ tablespoons plus ¾ tablespoon raisins

South Asian khichri

This recipe makes 4 portions of about 100g.

INGREDIENTS

4 tablespoons white rice (The rice can be pre-soaked.)

4 tablespoons mung beans (The beans can be pre-soaked.)

1/2 teaspoon ground ginger

1/2 teaspoon turmeric

1/2 carrot, peeled and finely diced

1 tablespoon spinach leaves, chopped

16 tablespoons (240ml) water

METHOD

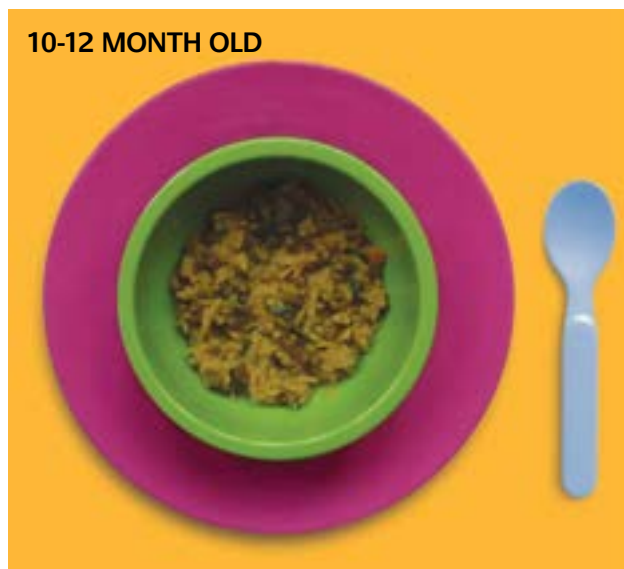
1. Put all the ingredients into a pan (which has a lid), and bring to the boil.
2. Simmer for 20-25 minutes with the lid on until the ingredients are tender.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 5 tablespoons

Spinach sauce

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1/2 tablespoon vegetable oil or ghee
- 1/2 teaspoon ground cumin
- 1 clove of garlic, peeled and crushed
- 1 small onion, peeled and finely diced
- 1 tomato, chopped
- 2 large handfuls fresh spinach leaves, chopped
- 2 tablespoons mung beans (soaked for 1 hour in water)
- 8 tablespoons (120ml) water

METHOD

1. Heat the oil or ghee in a pan (which has a lid) or a pressure cooker. Add the cumin, garlic and onion and cook for 1-2 minutes.
2. Add the remaining ingredients, cover with a lid, and simmer until the ingredients are softened. (If you use a pressure cooker, cook for 5-6 whistles.)

This sauce can be served with rice.

The sauce can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

- 7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk
- 10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk
- 1-2 years: 5 tablespoons

Vegetable biryani

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1/4 tablespoon vegetable oil or ghee
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1/2 small onion, peeled and diced
- 2cm piece of fresh ginger, peeled and grated
- 1 clove garlic, peeled and crushed
- 1/2 carrot, peeled and diced
- 1/2 potato, washed and diced
- 1 tablespoon frozen peas
- 2 cauliflower florets, broken into small pieces
- 1/2 small (210g) can chickpeas in water, drained (about 65g)
- 2 tablespoons white rice
- 6 tablespoons (90ml) water

METHOD

1. Put the oil or ghee, spices, onion, ginger and garlic in a pan (which has a lid), and cook for 1-2 minutes.
2. Add all the other ingredients, stir well and simmer gently with the lid on for about 20 minutes, until the rice is cooked and the vegetables are soft.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

PORTION SIZES SHOWN IN THE PHOTOS

- 7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk
- 10-12 months: 4 tablespoons plus 1 tablespoon full-fat milk
- 1-2 years: 5 tablespoons

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



Vegetable khichri

This recipe makes 4 portions of about 100g.

INGREDIENTS

3 tablespoons broken wheat

1 tablespoon mung beans

1/2 tablespoon vegetable oil or ghee

1/2 teaspoon ground cumin

1/4 teaspoon turmeric

1/2 carrot, peeled and diced

2 tablespoons frozen peas

2 tablespoons chopped spinach

5 tablespoons (75ml) water

METHOD

1. Cook the wheat and mung beans in water until soft. You can pre-soak these ingredients and they will cook more quickly.
2. Heat the oil or ghee in a pan (which has a lid). Add the spices and vegetables and cook for 1-2 minutes.
3. Add the wheat and beans and the water and cook gently with a lid on until the vegetables are soft.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 1/2 tablespoons

10-12 months: 4 tablespoons

1-2 years: 5 tablespoons

Vegetable korma

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1/2 tablespoon vegetable oil or ghee
- 1/2 small onion, peeled and finely diced
- 3cm piece of fresh ginger, peeled and grated
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground coriander
- 2 tablespoons tomato purée
- 1 small carrot, peeled and diced
- 3 cauliflower florets, cut into small pieces
- 2 tablespoons frozen peas
- 1 small potato, peeled and diced
- 2 tablespoons ground almonds
- 6 tablespoons (90ml) water

METHOD

1. Heat the oil in a pan (which has a lid), and add the onion, grated ginger and the spices. Cook for 1-2 minutes.
2. Add the tomato purée and cook for 2 minutes, stirring.
3. Add all the other ingredients and simmer with a lid on the pan until the vegetables are soft.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 1 tablespoon full-fat milk

1-2 years: 5 tablespoons

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



Vegetable roti

This recipe makes 4 portions of about 60g.

INGREDIENTS

2 tablespoons white millet flour

2 tablespoons black millet flour

1 tablespoon methi leaves, chopped

1 tablespoon bottle gourd, grated

1 tablespoon carrot, grated

2 tablespoons (30ml) water

1/2 tablespoon vegetable oil or ghee

METHOD

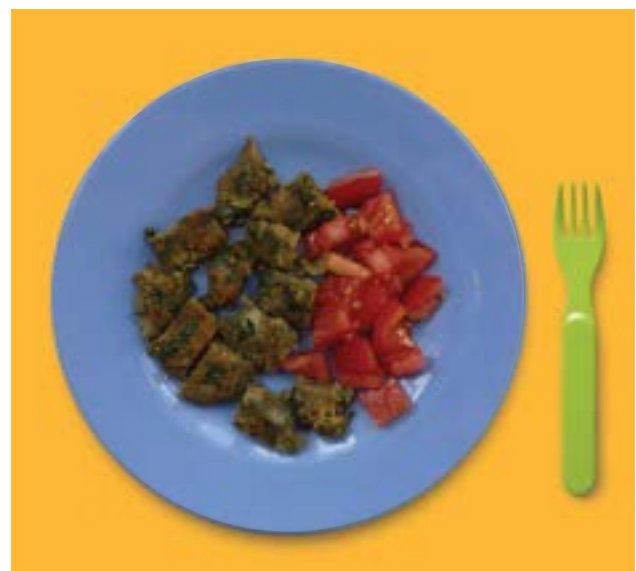
1. Combine all the ingredients except the oil or ghee in a bowl and mix into a soft dough.
2. Form into four patties.
3. Add the oil or ghee to a frying pan and gently cook the patties on each side until golden brown.

These rotis can be served sliced as a finger food for babies, or in pieces for older children. For younger babies, they can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make them the right consistency.

7-9 MONTH OLD



10-12 MONTH OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1 1/2 patties plus 3 tablespoons full-fat milk

10-12 months: 2 patties plus 3 tablespoons full-fat milk

1-2 years: 2 patties, shown here cut into pieces and served with 2 tablespoons tomatoes

Zeera rice

This recipe makes 4 portions of about 80g.

INGREDIENTS

4 tablespoons rice, soaked in water for as long as possible

1/2 tablespoon vegetable oil or ghee

1/2 small onion, peeled and finely diced

1/2 teaspoon turmeric

1/2 teaspoon ground cumin

8 tablespoons (120ml) water

METHOD

1. Drain the rice.
2. Heat the oil or ghee in a pan and add the onion and spices. Cook for 1-2 minutes.
3. Add the rice and water and simmer in a pan with the lid on for about 20 minutes until the rice is tender.

This dish can be served as a side dish with some meat, fish or egg. You can soften the rice with some expressed breastmilk, full-fat cows' milk or full-fat yoghurt.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 2 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 3 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 4 tablespoons

Meat, fish and egg dishes

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Broccoli muffins

This recipe makes 4 portions of about 180g.

INGREDIENTS

3 large eggs

2 tablespoons milk

1/4 teaspoon dried mixed herbs

1/4 head of broccoli, grated

METHOD

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Mix the eggs, milk and herbs together.
3. Put six muffin cases into a muffin tin. Divide the grated broccoli into each muffin case.
4. Pour the egg mixture evenly into the six cases.
5. Bake in the oven for 20-25 minutes until golden brown.

The recipe makes 6 muffins of about 30g each. The muffins can be served in pieces or as a finger food or, for younger babies, mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1 1/2 muffins (45g) plus 3 tablespoons full-fat milk

10-12 months: 2 muffins (60g) plus 3 tablespoons full-fat milk

1-2 years: 2 muffins (60g), served here with 2 tablespoons chopped fresh tomato

Canned mackerel with lentils and peas

This recipe makes 4 portions of about 100g.

INGREDIENTS

2 tablespoons red lentils

120g frozen peas

2 x 125g tins mackerel in vegetable oil, drained (about 180g drained weight). (Check that there are no bones in the mackerel.)

METHOD

1. Boil the red lentils in water until soft, and then drain.
2. Boil the frozen peas until cooked.
3. Serve the mackerel with the lentils and the peas.

This dish can be mashed with expressed breastmilk or full-fat cows' milk to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1 tablespoon fish, 1 tablespoon peas, 1 tablespoon lentils, plus 2 tablespoons full-fat milk

10-12 months: 1½ tablespoons fish, 1½ tablespoons peas, 1½ tablespoons lentils, plus 2 tablespoons full-fat milk

1-2 years: 2 tablespoons fish, 1½ tablespoons peas, 1½ tablespoons lentils

Chicken and sweet potato curry

This recipe makes 4 portions of about 120g.

INGREDIENTS

- 1 tablespoon vegetable oil or ghee
- 1 small onion, peeled and finely diced
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1 chicken breast, cut into small pieces
- 2 sweet potatoes, peeled and diced
- 2 tablespoons red lentils
- 8 tablespoons (120ml) water

METHOD

1. Heat the oil or ghee in a pan (which has a lid), and add the onion and spices. Cook for 1-2 minutes.
2. Add the chicken and brown on all sides.
3. Add the potatoes, lentils and water, and cook with the lid on for about 30 minutes.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

- 7-9 months: 4 1/2 tablespoons
- 10-12 months: 5 tablespoons
- 1-2 years: 6 tablespoons

Egg suji

This recipe makes 4 portions of about 130g.

INGREDIENTS

1½ heaped tablespoons semolina

10cm piece of Indian gourd, finely chopped

½ large carrot, finely chopped

375ml water

3 eggs (Use eggs with a red lion stamp.)

METHOD

1. Place the semolina, gourd, carrot and water in a frying pan and cook until the mixture has thickened and the vegetables are soft.
2. Crack the eggs into a bowl and whisk with a fork.
3. Pour the eggs into the semolina mixture while it is still hot and stir quickly until well mixed.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 4½ tablespoons

10-12 months: 5 tablespoons

1-2 years: 6½ tablespoons

Fish stew with summer vegetables

This recipe makes 4 portions of about 130g.

INGREDIENTS

- 1/2 tablespoon vegetable oil or ghee
- 2 fillets of white fish, cut into squares (Check that there are no bones in the fish.)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon nigella seeds
- 1 clove of garlic, peeled and crushed
- 1 bay leaf
- 1 medium potato, cubed
- 8cm of Indian gourd, cubed
- 10 green beans, cut into small pieces
- 10 tablespoons (150ml) water

METHOD

1. Heat the oil in a pan (which has a lid), and fry the fish until cooked. Remove from the pan and put to one side.
2. Add all the other ingredients to the pan, cover, and simmer for 15 minutes until the vegetables are softened.
3. Take out the bay leaf, and add the fish to the stew.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 5 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 5³/₄ tablespoons

1-2 years: 6¹/₂ tablespoons

Keema chawal

This recipe makes 4 portions of about 100g.

INGREDIENTS

- 1/2 tablespoon vegetable oil or ghee
- 1 small onion, peeled and finely diced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon garam masala
- 3cm piece of fresh ginger, peeled and grated
- 2 cloves of garlic, peeled and crushed
- 150g raw minced beef
- 2 medium tomatoes, diced
- 1 tablespoon lemon juice
- 3 tablespoons white rice
- 8 tablespoons (120ml) water
- 1 tablespoon fresh coriander, finely chopped

METHOD

1. Heat the oil or ghee in a saucepan (which has a lid), and add the onion, spices, ginger and garlic. Fry for 1-2 minutes.
2. Add the minced beef and fry until browned.
3. Add the tomatoes, lemon juice, rice and water, stir well and simmer with the lid on for 20-25 minutes until the rice and meat are cooked.
4. Add the coriander.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 1 tablespoon full-fat yoghurt

10-12 months: 4 tablespoons plus 1 tablespoon full-fat yoghurt

1-2 years: 5 tablespoons

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



Mashed meat and rice

This recipe makes 4 portions of about 100g.

INGREDIENTS

2 tablespoons lamb mince

1/4 teaspoon turmeric

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander

1 small onion, peeled and finely diced

1 clove of garlic, peeled and crushed

1 medium fresh tomato, diced

1/4 aubergine, diced

3 tablespoons white rice

8 tablespoons (120ml) water

METHOD

1. Add the lamb mince, spices, onion and garlic to a pan (which has a lid), and cook until the lamb is browned.
2. Add the tomato, aubergine, rice and water, and stir well. Cover the pan and simmer gently until the meat and rice are cooked.

This dish can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons plus 2 tablespoons full-fat milk

10-12 months: 4 tablespoons plus 2 tablespoons full-fat milk

1-2 years: 5 tablespoons

Pilchards and peas

This recipe makes 4 portions of about 90g.

INGREDIENTS

120g frozen peas

1½ tins of pilchards in tomato sauce (about 200g).
(Check that there are no bones in the pilchards.)

METHOD

1. Boil the frozen peas until cooked.
2. Serve the canned pilchards in tomato sauce with the peas.

The pilchards and peas can be mashed with expressed breastmilk or full-fat cows' milk to make the dish the right consistency for your baby.

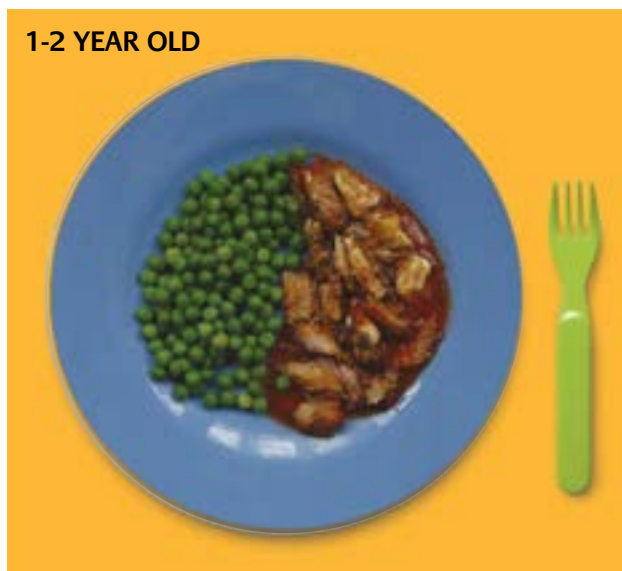
7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1½ tablespoons pilchards and sauce,
1½ tablespoons peas, plus 1 tablespoon full-fat milk

10-12 months: 2 tablespoons pilchards and sauce,
1½ tablespoons peas

1-2 years: 2½ tablespoons pilchards and sauce,
2 tablespoons peas

Pink salmon with butter beans

This recipe makes 4 portions of about 80g.

INGREDIENTS

1½ tins of pink salmon (about 150g). (Check that there are no bones in the fish.)

¾ of a 400g can butter beans canned in water, drained (drained weight 175g)

METHOD

1. Check the fish for bones, and drain the butter beans.

The salmon and butter beans can be mashed with expressed breastmilk or full-fat cows' milk to make it the right consistency for your baby. Slice the butter beans into pieces for children aged 1-2 years.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1½ tablespoons salmon and 1½ tablespoons butter beans, plus 2 tablespoons full-fat milk

10-12 months: 2 tablespoons salmon, 1½ tablespoons butter beans, plus 1 tablespoon full-fat milk

1-2 years: 2 tablespoons salmon, 2 tablespoons butter beans

Savoury omelette

This recipe makes 4 portions of about 80g.

INGREDIENTS

4 eggs

1/2 tablespoon vegetable oil or ghee

1/4 teaspoon ground cumin

1/2 teaspoon finely chopped fresh coriander

1 small onion, peeled and finely diced

1/4 red pepper, diced

METHOD

1. Beat the eggs in a small bowl.
2. Heat the oil or ghee in a small frying pan and add the cumin, coriander, onion and red pepper and cook gently until the vegetables are soft.
3. Pour over the beaten egg and cook until the egg is cooked on both sides.

This omelette can be served in strips for older babies and young children, or mashed with expressed breastmilk or full-fat cows' milk to make it the right consistency for younger babies.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 2 tablespoons plus 1 tablespoon full-fat milk

10-12 months: 3 tablespoons plus 1 tablespoon full-fat milk

1-2 years: 4 tablespoons

Tenga

This recipe makes 4 portions of around 100g.

INGREDIENTS

- 1/2 tablespoon vegetable oil or ghee
- 1 clove garlic, peeled and crushed
- 1/4 onion, peeled and finely diced
- 1/4 teaspoon turmeric
- 4 tomatoes, chopped
- 5 tablespoons (75ml) water
- A fillet of white fish (about 100g), chopped into pieces. (Check that there are no bones in the fish.)
- 1 tablespoon fresh coriander, finely chopped
- Rice to serve

METHOD

1. Heat the oil or ghee in a pan, add the garlic, onion and turmeric, and cook for 1-2 minutes.
2. Add the chopped tomatoes and water and simmer gently until the tomato is soft.
3. Add the fish and coriander and cook gently for about 5 minutes until the fish is tender.
4. Serve with rice.

This dish can be made with more liquid and mashed using the cooking liquor. Or it can be mashed with expressed breastmilk, full-fat cows' milk or full-fat yoghurt to make it the right consistency for your baby.

7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 3 tablespoons tenga plus 1 1/2 tablespoons rice

10-12 months: 4 tablespoons tenga plus 2 tablespoons rice

1-2 years: 5 tablespoons tenga plus 3 tablespoons rice

Tuna patties

This recipe makes 4 portions of about 80g.

INGREDIENTS

- 1 large sweet potato
- 1 can of tuna canned in water, drained (about 100g tuna)
- 2 tablespoons sweetcorn, canned or frozen
- 1 egg, beaten

METHOD

1. Preheat the oven to 180°C / 350°F / Gas 4.
2. Steam or microwave the sweet potato. Take the flesh out of the skin and mash.
3. Mix the sweet potato, tuna, sweetcorn and egg.
4. Shape into eight patties.
5. Bake in the oven for 15 minutes.

This recipe makes 8 patties of about 40g each. The patties can be served in pieces or as a finger food for older children, or mashed with expressed breastmilk or full-fat cows' milk to make them the right consistency for younger babies.

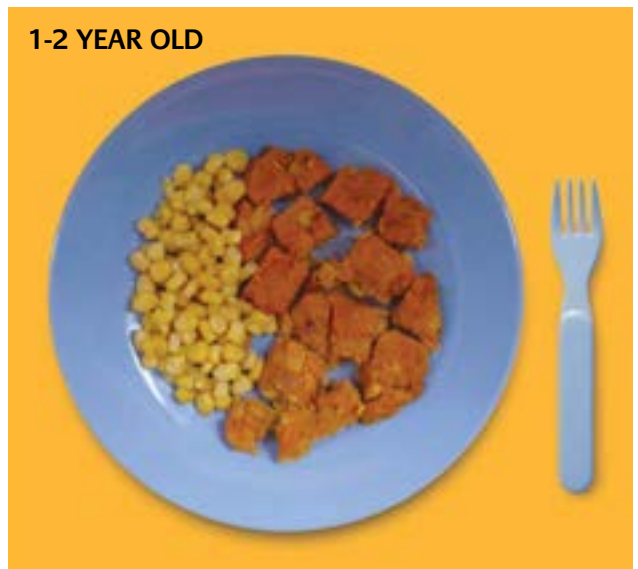
7-9 MONTH OLD



10-12 MONTH OLD



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

7-9 months: 1 patty (40g) plus 2 tablespoons full-fat milk

10-12 months: 1½ patties (60g) plus 2 tablespoons full-fat milk

1-2 years: 2 patties (80g), shown here with 2 tablespoons sweetcorn

Finger foods

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| Spinach and banana pancakes | 56 |



Vegetable roti (page 38)



Lentil patties (page 27)



Tuna patties (page 52)

Pakoras

This recipe makes 6 pakoras of about 30g each.

INGREDIENTS

5 tablespoons gram flour

1cm piece of fresh ginger, peeled and grated

1 teaspoon ground coriander

1/2 teaspoon dried fenugreek leaves

1/2 teaspoon ground cumin

1/2 fresh chilli, finely chopped

1/2 small onion, peeled and finely diced

1/4 small potato, diced

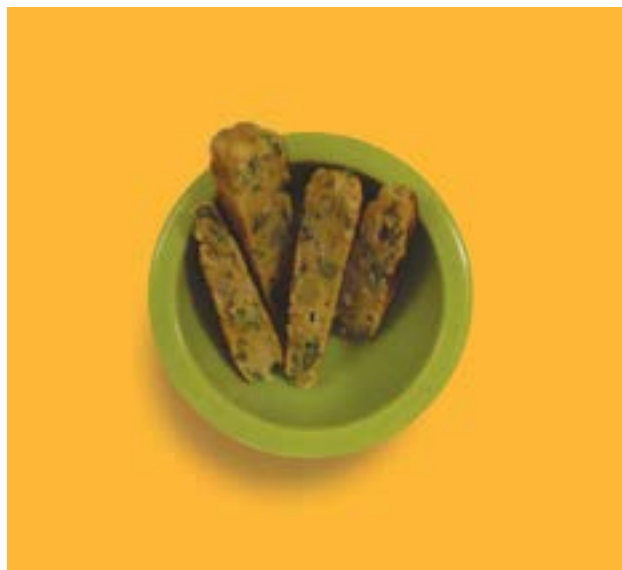
A handful of fresh spinach leaves, chopped

5 tablespoons (75ml) water

1 tablespoon vegetable oil or ghee

METHOD

1. Mix together all the ingredients except for the oil or ghee, adding enough water to make a dough-like consistency that remains in shape when a rough ball is formed. Divide the mixture into six pakoras.
2. Heat the oil or ghee in a frying pan and fry the pakora on both sides until they are cooked through.



PORTION SIZES SHOWN IN THE PHOTOS

As finger food: 1 pakora

Potato paratha

This makes 4 parathas of about 70g each.

INGREDIENTS

300g plain white flour

6 tablespoons (90ml) water

1 large potato

1/2 teaspoon ground cumin

1/2 tablespoon vegetable oil or ghee

METHOD

1. Put the flour in a bowl, add the water and mix to form a dough.
2. Boil, steam or microwave the potato until soft. Take the potato out of its skin and mash with the ground cumin.
3. Divide the dough into four pieces. Roll or pat into circles, place the potato mixture on one side, fold over the dough and re-roll or pat to a circle shape.
4. Heat the oil or ghee in a pan and add the parathas, cooking on both sides until golden brown.



PORTION SIZES SHOWN IN THE PHOTOS

As finger food: 1/4-1/2 of a paratha

Spinach and banana pancakes

This recipe makes 4 pancakes of about 90g each.

INGREDIENTS

1 large handful of fresh spinach, chopped

5 tablespoons full-fat milk

1 egg

1 banana

5 tablespoons plain flour

1/2 tablespoon vegetable oil or ghee

METHOD

1. Mix the spinach, milk and egg together.
2. Mash the banana with a fork, gradually add the flour and then the spinach, milk and egg mix to make a batter.
3. Heat the oil or ghee in a pan. Pour a quarter of the batter into the pan. Cook the pancake on both sides until cooked through. Repeat with the rest of the batter.

The pancakes can be served as a finger food, or for children aged 1-2 years.



1-2 YEAR OLD



PORTION SIZES SHOWN IN THE PHOTOS

As finger food: 1/3 of a pancake

1-2 years: 1 pancake

Plates and bowls used in this resource

The photos below show the actual sizes of the plates and bowls used in the food photos in this resource. Most of the plates, bowls and cutlery were sourced from RICE (www.rice.dk), a Danish brand of melamine crockery that can be obtained from a number of retailers in the UK.

Plate

20cm
diameter



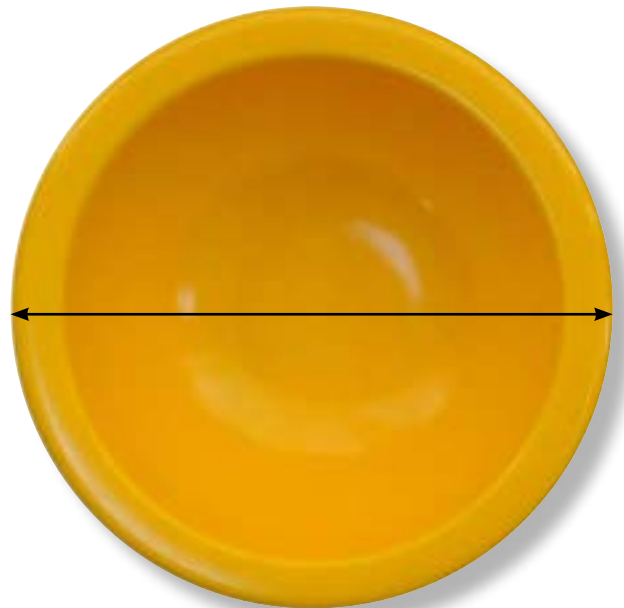


Bowl
12cm diameter



Depth: 4cm

Finger food bowl
8cm diameter



Depth: 3cm

