

**100
Baby-Led
Weaning
Recipes**

100 Baby-Led weaning Recipes

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Introduction

This is a collection of recipes aimed at babies being weaned using the baby-led weaning method. They have all come from the internet. For more information on baby-led weaning please go to <http://baby-led.rhgdsrv.co.uk/pdf/blwleaflet.pdf>.

Obviously this booklet is completely free of charge and you are free to copy and distribute it, but if you find it useful then please consider making a donation to Care International via <http://original.justgiving.com/keytrafficsystems>.

Some of the recipes included are American and use cups. One cup is approximately 240ml, or you can convert to weight by using the table at http://www.recipes4us.co.uk/us_cups_to_weight.htm.

These recipes are not guaranteed to be suitable for babies of all ages. It is the parent's responsibility to ensure that any foods served to their child are suitable for their age and ability.

I haven't included credits for the recipes but if you Google the name of the recipe then you'll find the original! There is also a bibliography at the end of all the websites I used.

Have fun, Louise x

louisetipping@googlemail.com

Breakfasts/Sweet Recipes

1 Banana Berry Breakfast

Ingredients

- 1 small ripe banana
- 1 tbsp blueberries
- 1-2 tbsp baby porridge oats (or normal porridge oats ground in a food processor)

Method

1. Mash the banana and blueberries together until well blended
2. Stir enough of the baby porridge oats into the mixture to create a stiff texture
3. Form the mixture into bite size balls
4. Roll the banana balls in the porridge oats to make them easy for baby to pick up, then serve!

2 No-Egg French Toast

Ingredients

- 1 ripe banana 3 fl oz milk (you can use breastmilk/formula for younger babies, although using cow's milk in cooking for your baby is acceptable after 6 months of age, provided there is no family history of cow's milk allergy)
- pinch cinnamon
- drop vanilla essence
- whole-wheat bread, cut into squares

Method

1. Place all the ingredients (except the bread) into a food processor and blend well.
2. Dip in pieces of bread, making sure the mixture coats them well on both sides.
3. Fry in a little unsalted butter or oil over a high heat until golden.

3 Egg Free Apple Pancakes

- 4 oz whole wheat flour
- 4 oz plain flour
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 8 fl oz milk (you can use breast milk/formula if you prefer - or even substitute soy milk)
- 2 tbsp oil
- 1 1/2 tbsp water
- a combination of 1 tsp baking powder and 1 1/2 tbsp oil, stirred together
- 1 apple

Method

1. Peel and core the apple, then dice finely.
2. In a bowl, combine both types of flour with the baking soda and cinnamon.
3. In another bowl, mix the milk, oil, water and oil/baking powder combination.
4. Stir the wet ingredients into the dry ingredients until the mixture is nice and smooth, then add the diced apples and mix well.

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5. Lightly grease a non-stick frying pan, then pour in approximately 2 tbsp of the batter per pancake.
6. Fry until lightly golden on each side.

4 Peachy Cheese Toast

Ingredients

1/2 cooked peach (see instructions for cooking below)
4oz cottage cheese
slice of wholemeal bread , toasted

Method

1. To cook the peach wash it well, then cut and 'x' into the side of the skin
2. Place the peach 'x' side down, into a small saucepan containing around an inch of water
3. Simmer until soft, then cool and remove the skin and stone
4. Mash the peach and stir into the cottage cheese
5. Either spread the cottage cheese/peach mixture on toasted wholemeal bread and cut into squares OR serve the toast squares with the cheese/ peach mixture as a dip

5 Scrambled Egg Yolk

Ingredients

1 egg
1 tsp olive oil
1 tbsp full fat milk, breast or formula
pinch of dried dill ,optional

Method

1. Separate the egg by cracking it carefully, then tipping the yolk from one half of the shell to the other, meanwhile allowing the egg to drain into a bowl. Reserve the egg white for use in recipes for the rest of the family.
2. Using a fork, gently beat the yolk together with the milk.
3. Heat the olive oil in a small frying pan and pour in the egg yolk
4. Stir constantly as the egg cooks and until it reaches the point where it is golden and separated into small pieces
5. Season with the dill if required (this provides wonderful flavour) and serve with squares of toasted wholemeal bread.

6 Oatcakes with Pear and Cottage Cheese

Ingredients

4 fl oz boiling water
6 oz porridge oats
1 tsp unsalted butter
pureed pear
small pot of cottage cheese

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Method

1. In a bowl, stir the butter into the boiling water until it has completely melted.
2. Stir in the oats and leave the mixture to stand for 5 minutes - you should be left with a fairly stiff dough.
3. Rub some oats on to a surface suitable for rolling out the dough (to stop it sticking).
4. Turn out the dough, then form it into a ball.
5. Next, roll it out to around 1/4 inch thick.
6. Cut it into shapes - triangles are more traditional, but any shape will do!
7. 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.
8. Meanwhile, combine the pureed pear with the cottage cheese.
8. Cool the oatcakes, then either top them with with cottage cheese, or serve it as a dip.

7 Apricot and Raisin Flapjacks

Ingredients

- 8 oz porridge oats
- 4 oz butter
- 2 oz rice flour
- 2 fl oz rice syrup
- 10 oz dried apricots
- 2 oz raisins

Method

1. About one hour before you start, soak the dried apricots in warm water or apple juice to soften them.
2. Preheat the oven to 350°F (180°C).
3. Over a low heat, melt the butter. Then stir in the rice syrup and mix well.
4. Next, stir in the oats, rice flour, and raisins. Mix together thoroughly. The mixture should be moist enough to 'clump' together, but should not be runny at all. If it is, just add more oats, a little at a time.
5. Chop the pre-soaked apricots finely.
6. Press half the oat mixture into a greased baking pan, then top with the chopped apricots.
7. Put the rest of the oats on top and flatten thoroughly with the palms of your hands.
8. Bake for 25 mins, until firm and golden.
9. Slice into fingers when still hot, but don't try to remove the flapjacks from the pan until they've cooled down!

8 Wholemeal Apple Pancakes

Ingredients

- 3 oz wholemeal flour
- 1 oz rolled oats
- 2 tsp wheat germ
- pinch cinnamon
- 2 tsp baking powder
- 2 oz raisins
- 1 small apple, peeled, cored and diced

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8 fl oz apple juice

Method

1. Mix all the dry ingredients together, then add the raisins and chopped apple.
2. Stir in the apple juice until the dry ingredients are thoroughly moistened.
3. Spoon the mixture onto a heated non-stick frying pan (around 4 tbsps at a time) and cook until the bottom of the pancake is golden.
4. Turn with a spatula and cook on the other side.
5. Cool, then serve alone, or with pureed fruit or yogurt as a dip.

9 Healthy Banana Breakfast Cake

Ingredients

8 oz wholemeal flour
1 oz wheat germ
1 tsp bicarbonate of soda
6 medium, ripe bananas - mashed
8 fl oz homemade applesauce (simply dice peeled apples, simmer in a little water until tender, then puree)
3 fl oz milk (you may use cow's milk, breast milk or formula)

Method

1. Preheat the oven to 325 deg F (160 deg C).
2. In a bowl, mix together the flour, wheat germ and bicarbonate of soda.
3. In a separate bowl, mix together the applesauce, bananas and milk.
4. Pour the applesauce mixture into the bowl with the dry ingredients and stir well.
5. Pour into a small, greased baking tin and bake for around 1 1/2 hours. The cake is ready when a sharp knife inserted into the middle comes out clean.

10 Easy Peasy Breakfast Biscuits

Ingredients

8 fl oz pure apple juice
4 oz flour
4 oz baby rice

Method

1. Preheat the oven to 350 deg F, 175 deg C.
2. In a bowl, combine all the ingredients and mix thoroughly.
3. Turn the mixture out onto a lightly floured surface and roll out to around 1/2 inch thickness.
4. Cut into any shapes you choose!
5. Bake for 20-30 mins on a greased baking sheet until golden brown.

11 Breakfast Muffins

Ingredients

150g (5 oz) plain wholemeal flour
50g (2 oz) granulated sugar

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25g (1 oz) dried skimmed milk powder
1 1/2 tsp baking powder
1/2 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp salt
125ml (4 fl oz) vegetable oil
60ml (2 fl oz) honey
60ml (2 fl oz) maple syrup
2 eggs, lightly beaten
1/2 vanilla essence
1 large apple, peeled and grated
75g (3 oz) carrots, peeled and grated
75g (3 oz) raisins

Method

Pre-heat the oven to 180C/350F/Gas 4. Combine the flour, skimmed milk powder, baking powder, cinnamon, salt and ginger in a mixing bowl. In a separate bowl, combine the honey, maple syrup, eggs, vegetable oil and vanilla essence. Beat lightly with a wire whisk until blended. Add the grated apple, carrots and raisins to the liquid mixture and stir until just combined.

Line a muffin tray with paper cups and fill until two-thirds full. Bake for 20 to 25 minutes. You can also make mini muffins which are ideal for children they will take about 15 minutes to bake.

12 Raisin Bran Breakfast Muffins

Ingredients

100 g (3 1/2 oz) bran-flake cereal
250 ml (9 fl oz) milk, warmed
60g wholemeal flour
60g plain flour
2 tsp baking powder
1/4 tsp salt
1 tsp ground cinnamon
1/2 tsp ground ginger
75 g (2 1/2 oz) raisins
1 large egg
100 g (3 1/2 oz) soft dark-brown sugar
100ml (3 1/2 fl oz) sunflower oil
2 tbsp Demerara sugar

Method

Pre-heat the oven to 200°C/400°F/Gas 6.

Line a muffin tin with 8 paper cases. Put the cereal in a bowl with the milk and leave to stand for 5 minutes, until the cereal is soft (you can do this while you weigh out the other ingredients).

Sift the flour, baking powder, salt and spices into a large bowl. Reserve the bran left in the sieve. Stir in the raisins. Beat together the egg, dark-brown sugar and oil and add to the flour, along with the soaked cereal and any milk left in the bowl. Mix together.

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Spoon the batter into the muffin cases (fill to the top). Mix the reserved bran from the sieve with the Demerara sugar and sprinkle over the muffins. Bake for 20–25 minutes until risen and firm to the touch. Cool for 5 minutes in the tin then transfer to a wire rack to cool completely. Store in an airtight tin for up to five days.

13 Porridge Pancakes

Ingredients

Porridge oats

Milk (cow, soya, formula, breast, whatever!)

Optional extras: raisins, dried apricots, dried prunes, grated cheese

Method

Basically, put a thin layer (oh I don't know, 4mm deep) of porridge oats into a round flat bowl.

Then add enough milk or water to cover. If you are formula feeding then you can do as I do and add a scoop of formula powder to the mix before adding the water. Give it a wee stir, smooth over and stick it in the microwave for about a minute, sometimes more, sometimes less. Depends on your bowl, your microwave and your baby's personal taste.

You should be left with a solid pancake that looks a bit dried-out and flap-jacky on the top. DO NOT touch it or fanny about with it, leave it alone, it needs to cool and set.

Cut it into segments and feed it to the baby.

14 Wakey Wakey Cake

Ingredients

2 weetabix

20g cornflakes

100ml milk

1 small banana

1 small fairy-cake tin

butter or olive oil for greasing

Method

Preheat oven to gas 5 and grease the tin.

Mix together one of the weetabix, milk and cornflakes, crushing cornflakes in the process until you have a paste.

Mash the banana into the cereal mixture until smooth, then add the second weetabix.

You should have something with a sticky, cement like consistency.

Divide into six and spoon into the greased tin, pressing down with a spoon so that you have six little discs of cereal mixture. Bake in the oven for 30 minutes.

Remove from the oven and turn out onto a cooling rack.

15 Cous Cous Cakes

Ingredients

For the sweet couscous

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100g/3½ oz couscous, cooked (follow packet instructions)
2 tbsp self-raising flour
1 tbsp brown sugar
1 free-range egg
50g/1¾oz blackcurrants
1 tbsp vegetable oil

To serve
25g/1 oz Greek-style yoghurt

Method

For the sweet couscous, mix all the couscous ingredients together in a bowl to form a thick paste.

In a blini pan heat the oil. Drop dollops of couscous batter in the frying pan to form small pancakes and turn over after a minute and cook for a further two more minutes. Serve with Greek-style yoghurt.

16 Oatmeal Pancakes

Ingredients

2 cups quick oats
1 cup whole wheat flour
½ teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons honey
2 cups buttermilk
2 large eggs
3 tablespoons canola oil
1 teaspoon vanilla extract

Method

Mix dry ingredients.

Mix wet ingredients.

Mix all ingredients together.

Spoon ¼ cup of mix onto hot greased pan

17 Oaty Fruity Biscuits

Ingredients

soaked apricots or prunes or figs
a little of the soaking juice (a tablespoon or so)
a teaspoon of melted butter
porridge oats/baby muesli

Method

Puree the dried fruit with a little juice till it's kind of mushy (or defrost icecube dried fruit purees from freezer!) mix in the oats and melted butter and cook it over a low heat for about three minutes to blend the ingredients together. Shape into biscuit shapes, bake in oven on tray till just turning brown.

18 Scones

Ingredients

2 cups self raising flour
4 tbsp Margarine
A handful of sultanas
1 grated apple
1 tsp cinnamon
About half to 2 thirds cup of soya milk

Method

Sift the flour, baking powder and cinnamon into a bowl. Rub the marg into the flour until like breadcrumbs. Bung in the apple and sultanas. Add enough soya milk to make a soft dough. Roll or press the dough so it is flatish but still pretty thick and cut out rounds. Put on a greased baking sheet and bake at about 220C for 10-12 mins.

19 Apple and Cinnamon Pancakes

Ingredients

1 cup of flour (self raising)
1tsp baking powder (not sure if this is necessary)
1 grated apple
A handful of sultanas
a bit of cinnamon
1 cup of soya milk/ water/ mix of the 2 (possibly a bit more depending on how thin you like your pancakes)

Method

Mix wet ingredients into dry and fry spoonfuls in a hot oiled pan. This is an American recipe so pancakes are sort of fat and fluffy, not like crepes. They freeze well and keep in the fridge for a couple of days.

20 Fruity, Oaty Muffins

Ingredients

350g s/r flour
350g medium oatmeal
1tsp baking powder
about tablespoon each of ground almonds and desiccated coconut
Some chopped dried fruit... whatever you like
about 2 oz margarine
about a quarter pint of milk

Method

Mix all the dry ingredients together
Gently heat the marg and milk in a pan until melted

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Mix the wet into the dry... add a bit more soya milk if necessary so you have a soft dropping consistency
Spoon into greased bun tray (I use a fairy cake tray as muffins are a bit big) and bake at 200 degrees for 10-15 mins (until just golden)

21 American Style Pancakes

Ingredients

250g plain flour (2 cups)
2 tsp baking powder
3 tbsp sugar (although this could be left out - see below)
250ml milk
2 eggs, lightly beaten
50g unsalted butter, melted

Method

Mix the milk, eggs and melted butter in a large jug, add the flour and mix quickly. Don't worry about lumps.
Heat a frying pan until medium hot and grease lightly with extra butter, pour in batter in batches to make rounds, baby-fist size. Cook for 1-2 minutes or until bubbles form on top and the underside is golden. Flip each one over and cook for 1 minute. Keep them warm in the oven while you finish the batch
One mashed banana can be used to replace the sugar

22 Low Sugar Flapjacks

Ingredients

4 very ripe bananas
1/2 - 3/4 cup of sultanas
3 cups of oats
1 egg
1 grated carrot
2 tablespoons golden syrup
1 tsp mixed spice
1 tsp cinnamon

Method

Place all ingredients except oats in a bowl and mix with a handmixer until raisins are all chopped finely and the mixture is well blended.
Stir in oats.
Press into baking tray and bake for 15mins at 190deg.

23 No Sugar Flapjacks

Ingredients

150g lower fat butter
225g porridge oats
100g dried apricots, chopped
150g ready-to-eat stoned dates, make sure they are nice and soft and chop them into smallish cubes

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30g toasted hazelnuts, chop these finely using a very sharp knife
3 tbsp apple juice

Method

Pre heat your oven to Gas Mark 5(190c)

Melt the butter in a deep saucepan over a low heat, stirring gently with a wooden spoon until all the butter has liquefied then pour in the apple juice and mix well.

Add the oats, dried apricots and dates and stir them into the butter/apple juice mixture.

Pour in the hazelnut pieces and stir again.

While the oven is heating, transfer your mixture from the saucepan into a shallow baking dish.

Cook the flapjacks on the middle shelf for about 15 minutes but check them regularly after 10 minutes has passed because flapjacks go very quickly from golden brown to burned brown! When cooked let the flapjacks stand in their baking dish for a few minutes before scoring them into portions with a very sharp knife.

24 Sugar Free Banana Muffins

Ingredients

3 lg. bananas

1 tsp cinnamon

1 egg

1 tsp. baking soda

1 tsp. baking powder

1/2 tsp. sea salt (I omitted and they taste great)

1 1/2 c. organic whole wheat flour (I used plain white flour)

1/3 c. melted butter

Method

Warm oven to 375 degrees F

Mash bananas.

Add cinnamon and slightly beaten egg.

Add melted butter.

Sift dry ingredients together and add to above mixture.

Mix until moistened.

Placed in a greased muffin tray and bake for 20 minutes. As with all muffins the secret it don't open the door until nearly time.

25 Baby's Own Banana Bread

Ingredients

2 small, ripe bananas (mashed)

3 oz organic raisins

4 oz plain flour

2 oz butter

1 beaten egg

pinch nutmeg

pinch cinnamon

Method

1. Add the nutmeg and cinnamon to the flour and rub in the butter.
2. Stir in the raisins and the egg, then the mashed banana.
3. Bake in a greased loaf tin at 350 deg F (175 deg C) for 45 mins to one hour, until firm. It will be done when a wooden skewer/cocktail stick inserted into it comes out clean after 5 seconds.

26 Frozen Banana Bites

Ingredients

- 1 ripe banana
- natural yogurt
- toasted wheat germ (available in health food stores)

Method

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

27 Baby Cheesecake

Ingredients

- 2 tbsp full fat soft cheese
- 2 tbsp double cream
- 2 tbsp wheatgerm (can use 1-2 crushed digestive biscuit after 12m)
- 1 tbsp butter
- 1 tsp sugar (optional)

Method

Heat the butter in a small pan until melted then turn off the heat and add the wheatgerm and 1/2 tsp sugar (optional), mix until the wheatgerm is fully coated. Grease a section of baking tray and place a non stick baking ring on top (those rings you can fry eggs in or bake small round things in), or you can use 2 muffin cases (which are smaller) in a muffin tin if you don't have any rings.

Put the wheatgerm mix into the bottom of the ring/case and pat it down firmly with the back of a spoon. Place in a preheated oven at about 170 degrees (150 fan)/ 350 F for 5-10 minutes - check after 5 minutes as wheatgerm burns easily! When done - lightly toasted look - leave to cool.

While this is cooking put the cheese and cream in a bowl with the remaining sugar and mix well. You can use any cheeses from mascarpone (very creamy) to basic soft cheese.

Spoon the cheese mix onto the cooled cheesecake base still in the ring or base, spread evenly and refrigerate

Can be served soon after for a soft cake or chilled overnight for a firmer texture. You'll need to run a knife around the inside of the baking ring to release it.

You can also make different flavours by adding extra things with the cheese and cream such as:

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1/2 mashed banana
1 tsp cocoa or 1 chunk melted chocolate
fresh fruit such as strawberries or blueberries
soaked raisins or sultanas

28 Breakfast Oat Pancakes with Caramelised Bananas

Ingredients

5 tbsp plain flour
2 1/2 tbsp ground porridge oats
1 tsp baking powder
A tall glass of milk (approx 250ml)
One egg
2 bananas
Blueberries to serve
2 tbsp golden syrup
An inch chunk of butter (approx 40g) plus some extra for cooking with

Method

In a bowl, mix together the flour, the baking powder, the oats, the milk and the egg. It will not be a smooth batter as such because of the oats but it should not be lumpy.

Chop up the bananas.

In a frying pan, melt the chunk of butter. Once it has melted, add the golden syrup and mix together. Add the bananas and cook them over a moderate heat for 4 minutes, turning them once.

At the same time that the bananas are cooking, heat a non-stick pan and add a good knob of butter (the pancakes can stick to the pan so don't be shy with the butter).

I used a large salad spoon (probably the equivalent of 1 and a half tablespoons) to simply drop some mixture into the frying pan. The mixture naturally spreads into a disk shape.

You can cook as many pancakes as your pan will fit at the same time. Cook the pancakes for a couple of minutes either side.

The pancakes stay warm just by stacking them up on a plate while you cook the remaining batter.

When you are ready to serve, spoon some of the caramelised bananas on to two pancakes per plate. Drizzle some of the caramel over both pancakes and serve with fresh blueberries on the side.

29 Wheat-Free Cereal Bars

Ingredients

4oz non-wheat flour
4oz baby porridge
8 fl oz natural orange juice

Method

1. Preheat the oven to 350 deg F (180 deg C).
2. Combine all the ingredients in a bowl, until it forms a dough.
3. Roll out the dough and cut into 1" bars.

4. Place on a baking sheets and cook for around 20 mins, until dry and hard.

30 Baby's Healthy Carrot Cake

Ingredients

8 oz wholemeal flour
1 tsp baking powder
1 tsp bicarbonate of soda
pinch salt
10 fl oz water
6 oz raisins
6 oz sultanas
1 tsp cinnamon
1/2 tsp nutmeg
8 oz carrot, grated
4 fl oz sugar-free applesauce

Method

1. Preheat the oven to 375 deg F (190 deg C).
2. In a bowl, mix together the flour, baking soda, baking powder and salt.
3. Pour the water into a small saucepan, then add the raisins, nutmeg, cinnamon and sultanas.
4. Bring the mixture to a boil, then lower the heat and simmer for 5 mins.
5. Place the grated carrots into a bowl, then pour the liquid mixture over them. Add the applesauce give the mixture a good stir.
6. Combine the wet ingredients with the dry ingredients and mix thoroughly.
7. Pour the mixture into a greased pan and bake for between 45 mins and 1 hour, until a sharp knife inserted into the centre comes out clean.

31 No-Cook Tofu Cubes

Ingredients

1 package of firm tofu, cubed
handful of cornflakes
pinch of cinnamon or nutmeg

Method

1. Place the cornflakes into a sandwich bag and crush until fine.
2. Add the cinnamon/nutmeg (or both!) and shake the bag to mix.
3. Put as many tofu cubes as needed into the bag and shake well, until the cubes are coated. They are then ready to serve!

32 Banana and Sultana Biscuits

Ingredients

1 lb ripe banana puree
1 tsp vanilla essence
2 oz wholemeal flour
6 oz rolled oats

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2 tsp ground nutmeg
1 tsp bicarbonate of soda
4 oz sultanas

Method

1. Preheat the oven to 425 deg F (220 deg C).
2. Combine the bananas, maple syrup and vanilla in one bowl and the flour, oats, nutmeg and bicarbonate of soda in another.
3. Mix the dry ingredients with the wet ingredients, until the dry ingredients are thoroughly moistened.
4. Carefully stir in the sultanas.
5. Using a tablespoon, spoon on to a non-stick baking sheet and flatten with the back of the spoon.
6. Bake until golden brown.

33 Fruity Breakfast

Ingredients

1/2 small banana
2 tbsp plain yogurt
1-2 tbsp fresh, ripe peach, peeled and cut into bite-size pieces
1-2 tbsp baby oatmeal/porridge (or regular oats ground in a food processor)

Method

Mash the yogurt and banana together until well blended.
Add the peach cubes and stir well, until the cubes are coated.
Roll the cubes in the oatmeal flakes to make them easy for baby to pick up, then serve

34 Oat Bars

Ingredients

6 oz (1 1/2 cups) rolled oats*
6 oz (approx 3/4 cup) dried cranberries (or substitute with another dried fruit your baby enjoys)
2 tbsp wheat germ (a nutritious addition, but not essential)
1 tsp cinnamon
10 fl oz (1 1/4 cup) milk (I used whole milk, but you can use reduced fat milk for older children and adults)
1 egg, beaten
1 tsp vanilla extract

*If you use quick cooking oats in this recipe, you will need less milk (probably just under 8 fl oz / 1 cup) and a shorter cooking time (30 to 40 mins or so).

Method

Preheat the oven to 350 deg F (180 deg C).
Put the oats, wheat germ, dried fruit and cinnamon into a bowl and mix thoroughly.
In a separate bowl, mix the milk with the beaten egg and vanilla.
Mix the wet ingredients with the dry ingredients until thoroughly combined.
Grease a small baking tin, pour in the mixture and flatten on top.

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Bake for 40 to 50 mins until firm.

Cut into bars (or whatever shape you like) whilst still warm – and they're particularly tasty served warm, too.

35 French Toast with Vanilla and Applesauce

Ingredients

2 slices of bread (whole wheat if possible)
2-3 tbsp vanilla yogurt
2 tbsp whole milk
1 large egg yolk
little drop of vanilla essence
pinch cinnamon

Method

Mix everything except the bread together in a bowl until well blended.
Dip each slice of bread into the mixture, making sure it soaks right in.
Heat a little unsalted butter in a frying pan/skillet over a medium heat.
Cook the bread slices for a couple of minutes until the undersides are golden, then turn and repeat on the other side.
Cool and serve with a blob of delicious homemade applesauce.

36 Whole Wheat Carrot Biscuits

Ingredients

2 oz (1/2 cup) whole wheat flour
2 oz (1/2 cup) all purpose flour
3 tsp baking powder
2 tsp brown sugar
2 tbsp butter
6 oz (3/4 cup) cooked, mashed carrots
2 to 4 fl oz (1/4 to 1/2 cup) milk
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg

Method

Preheat the oven to 375 deg F (180 deg C).
Mix the flour, baking powder and brown sugar together in a bowl.
Rub in the butter until the mixture looks like bread crumbs.
Mix in the mashed carrots, then add enough of the milk to form a soft dough.
Roll out the dough on a floured surface to a thickness of 1/2 inch, then cut with a cookie cutter into circles.
Grease a baking sheet and place the biscuits on it, at least one inch apart.
Bake until golden (around 10-15 mins).

37 More Breakfast Ideas

Eggy bread
Porridge
Toast - with various toppings

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Omelette with/without cheese - cut into strips

Rice cakes with various toppings

Staffordshire oatcakes with cheese

Eggy bread (although she's just inhaled a whole slice of this for her tea!!)

Weetabix with milk/yoghurt

Crumpets/English muffins with butter!

Croissants

Boiled egg

Fruit

Savoury Recipes

38 Pasta with Butternut Squash Sauce

Ingredients

4 oz pasta bows (or your baby's favourite pasta shape)
4 oz roasted butternut squash
pinch nutmeg
pinch sage
unsweetened apple juice

Method

1. Cook the pasta according to the directions on the pack.
2. Meanwhile, blend the squash with the nutmeg and sage, then add enough apple juice to give a 'saucy' consistency.
3. Warm through and serve as a dip to accompany the cooked pasta.

39 Egg and Avocado Sandwiches

Ingredients

1/2 ripe avocado
1 hard boiled egg
wholemeal bread

Method

1. Mash the avocado until smooth
2. Separate the egg yolk from the rest of the egg and mash well. Mix with the mashed avocado
3. Spread on to the bread to make a sandwich and cut into squares OR lightly toast wholemeal bread and cut into fingers and serving the egg/avocado as a dip.

Alternatives to wholemeal bread include lightly toasted bagel (wonderful for dipping as bagels do not break up easily) or pieces of pitta bread.

40 Roasted Root Veg Trio

Ingredients

1 sweet potato
1 parsnip
1 carrot
pinch of thyme (optional)
olive oil
1 tbsp grated Parmesan or Cheddar cheese

Method

1. Peel the vegetables and cut them into cubes. If you are using organic produce, you may scrub the vegetables (leaving the skins on) for babies who are confidently chewing (do however, be aware that some babies may have difficulty in digesting peel - therefore, watch carefully for any sign of digestive comfort)
2. Place the cubes in a bowl and toss with the olive oil and thyme, if using

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3. Tip the veggies into a roasting tin and cook at 375 degrees F (190 deg C) for around 45 minutes, until the vegetables are tender
4. Cool to a safe temperature and serve warm, sprinkled with the cheese.

41 Tofu Nuggets for Tots

Ingredients

- 1 packet of firm tofu
- 4 oz cornflakes, crushed very finely
- 1/4 tsp garlic powder (optional)
- 1 oz Parmesan cheese, grated
- Beaten egg yolk (or milk if you don't want to use eggs)

Method

1. Preheat the oven to 350 deg F (180 deg C).
2. Cut the tofu into bite sized pieces.
3. Dip them into the beaten egg yolk or milk and then into the crushed cornflakes, making sure they are well coated.
4. Line a baking sheet with foil and spray with non-stick cooking spray.
5. Place the tofu nuggets on the baking sheet and cook for around 15-20 minutes, turning halfway through cooking time.

42 Mini Meatloaves

Ingredients

- 1 pound lean minced beef
- 8 oz fresh bread crumbs
- 2 eggs
- 6 fl oz milk
- 1/2 tsp garlic powder

Method

1. Preheat the oven to 375 deg F (190 deg C).
2. Mix all the ingredients in a bowl.
3. Divide meat into 6 portions and place into a small muffin or cake tin.
4. Bake for 30 minutes
5. When the meatloaves have cooled, pop them out of the muffin tins and place in separate freezer bags.
6. This will make 6 convenient meals!

43 Fabulous Fish Fingers

Ingredients

- 2 egg yolks
- 1 tbsp water
- 3 oz fresh breadcrumbs, made from wholemeal bread
- pinch dried thyme
- pinch dried oregano
- pinch dried parsley

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pinch freshly ground black pepper
1 tbsp grated Parmesan cheese
1lb skinless boneless white fish or salmon
3 tbsp olive oil

Method

- 1 Beat the egg yolks and water together in a bowl
2. In a separate bowl, combine the breadcrumbs , seasonings and Parmesan cheese
3. Carefully cut the fish into strips about 2 inches long
4. Dip each fish finger in into the beaten egg mixture, then into the bread crumbs, ensuring they are thoroughly coated
5. Cook in the olive oil over a medium heat for 3-4 minutes, then turn with a spatula and cook for another few minutes until golden.

44 Cheesy Bites

Ingredients

2oz plain flour
2oz unsalted butter (at room temperature)
6oz grated Cheddar cheese
2 tsp fresh thyme (chopped) or pinch dried
4tbsp crisped rice cereal

Method

1. Preheat the oven to 350 deg F (180 deg C)
2. Mix the flour, cheese, butter and thyme into a food processor bowl.
3. Set the food processor at the slowest setting and mix until a dough is formed
4. Carefully fold in the crisped rice cereal
5. Shape the mixture into small balls (about 1 tsp each)
6. Roll each ball gently in the hands and place on a ungreased baking sheet, a few inches apart
7. Flatten with the palm of your hand to create circles about 1 1/2 inches in diameter, then place in the oven
8. Bake for about 10- 15 minutes until the Cheese Bites are firm to the touch and pale gold in colour.

45 Very Veggie Muffins

Ingredients

4oz courgette (grated)
4 oz sweet potato (grated)
4 oz Parmesan cheese (grated)
2 1/2 to 3 oz fresh wholemeal breadcrumbs
1 tbsp plain flour
1 tsp baking powder
2 tbsp olive oil
2 tbsp water

Method

1. Preheat the oven to 350 deg F (180 deg C)

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2. Soften the vegetables by simmering in a little water for 2-3 minutes, then drain and pat dry.
3. Mix all the ingredients thoroughly in a bowl
4. Spoon the mixture into a greased mini muffin tin or mini muffin cases.
5. Place in the oven and bake for around 20 minutes until golden.

46 Butternut Squash Ravioli

Ingredients

- 2 oz (1/2 cup) flour (unbleached)
- 2 oz (1/2 cup) semolina flour
- 2-3 fl oz (1/3 cup) very warm water
- 1 tbsp olive oil
- around 6 oz (3/4 cup) butternut squash, peeled, cooked and mashed
- pinch of sweet paprika (optional)

Method

Mix the flours together, then slowly add the oil and water, mixing well (this is easiest to achieve with a food processor set at the lowest speed).

The mixture should become a ball of dough - if it seems too dry, add a teaspoon of water at a time until a ball is formed.

Knead the dough thoroughly, then divide into two pieces.

Roll out each piece VERY thinly.

Stir the paprika into the butternut squash.

EITHER

Take heaped teaspoons of the butternut squash and place at intervals along 1 sheet of pasta.

Place the other sheet of pasta over the top and press down around the 'mounds' of butternut squash.

Next, cut around the butternut squash mounds with a very sharp knife.

Create a decorative edge for your ravioli by pressing all the way around the edge with the wet prongs of a fork.

OR

Splash out on some ravioli moulds.

They are inexpensive and make it much easier to create perfect ravioli shapes!

NEXT...

Bring a large pan of water to the boil, then carefully slide in your ravioli shapes (we find it best to cook just three or four at a time).

When the shapes rise to the surface of the water, they are ready. Carefully remove them with a slotted spoon.

Serve as they are - with a fresh tomato sauce for babies already enjoying tomatoes - or even with a sauce of another veggie puree thinned with a little stock!

47 Baby Chicken Fingers with Apple

Ingredients

8 oz (1 cup) ground chicken
1 medium carrot
1 medium apple
1/2 garlic clove
1/2 small onion
1 small egg yolk, beaten
1 oz (1/4 cup) fresh breadcrumbs
pinch crushed, dried thyme
pinch freshly ground black pepper

Method

Peel and grate the carrot, apple, garlic and onion.
Place into a mixing bowl, along with the ground chicken.
Add the beaten egg yolk, breadcrumbs, thyme and black pepper. Mix well.
Take small balls of the mixture and roll into little "sausages".
Place on a grill pan (broiler) and heat under the grill for 10 mins on each side.
Allow to cool.
Serve, or store some in the freezer for future use (if you haven't already eaten them!)

48 Cheesy Vegetable Nuggets

Ingredients

8 oz (1 cup) frozen broccoli florets
4 oz (1 cup) dry breadcrumbs
6 oz (1 1/2 cups) Cheddar, grated
2 1/2 tbsp water
2 1/2 tbsp olive oil
1 1/2 tsp baking powder

Method

Heat the oven to 375 deg F, 190 deg C.
Cook the broccoli, then drain and chop well.
Combine with the remaining ingredients and mix well.
Form the mixture into nugget shapes and place on a greased baking tray, about 3in apart.
Bake for 20-25 mins, turning halfway through the cooking time.
Serve warm.

49 Baby Meatballs

Ingredients

8oz (1 cup) lean minced/ground beef
4oz (1/2 cup) mashed potatoes

Method

Pre-heat the oven to 350 deg F, 180 deg C.
Combine the ingredients and blend well.

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Roll into 1 inch balls.

Place on a baking tray and cook for around 20 mins.

Drain the fat, then cool and serve.

50 Cheese and Vegetable Muffins

Ingredients

3 or 4 broccoli florets and one leek, steamed and chopped up (you really can use any vegetables – spinach, courgettes and carrots all work very well. You can also add ham or bacon).

6-8 cherry tomatoes, de-seeded and chopped up

100g grated mature cheddar

225g self-raising flour

175ml milk

55ml olive oil

1 free-range egg

Method

Preheat your oven to 200°C (180°C for a fan oven)/ 400°F

Once you have steamed your vegetables (if you are using carrots or courgettes you can simply grate them up, there is no need to pre-cook them), mix them together with the cheese and the flour. Add in the wet ingredients and mix to a lumpy, fairly thick batter.

Lightly oil some muffin tins, spoon the mixture in to fill each one to the top, place the tray in the middle of the oven and leave to cook for 20 minutes. The muffins are ready when they are brown on top and fairly dense to the touch.

Best served warm, 5-10 minutes after coming out of the oven

51 Pork and Apple Burgers

Ingredients

250g pork mince

1/2 eating apple, finely chopped or grated

1 small onion, finely chopped

5 - 6 tbsp fresh breadcrumbs

1 - 2 cloves of garlic, crushed

Italian herbs to season

One egg (I use olive oil instead as DS is egg allergic)

Method

Mix all ingredients together in a bowl, until mixture is sticking together nicely.

Make however many burgers you want depending on the size you want them.

Grill or fry

52 Chickpea and Herb Dumpling Soup

Ingredients

1 tablespoon oil

1 onion chopped

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2 cloves garlic, crushed
2 teaspoons ground cumin
1 teaspoon ground coriander
1/2 tsp chili powder
2 x 300g cans chickpeas
3.5 cups veg stock
2 x 425 cans chopped tomatoes
1 tablespoon chooped fresh coriander
1 cup SR flour
25 g butter
2 tablespoons parmesan
2 tables spoons mixed herbs (coriander, parsley chives, whatever)
3 tablespoons milk

Method

To make the soup: heat oil in saucepan and cook onion over med heat for 2-3 mins until soft. Add garlic, cumin, ground coriander, and chilli and cook for 1 min or until fragrant. Add chickpeas (I did 1 can here) stock and tomato, bring to boil then simmer for 10 mins. Stir in coriander.

To make the dumplings: Sift flour into bowl and add the chopped butter. rub together with fingertips until mixture resembles bread crumbs. stir in cheese and herbs (and 1 can blended chickpeas - my addition!) Make a well in the centre, add the milk and mix with flat bladed knife until just combined. bring together into rough ball, divide into 8 portions (I think I made about 12). Add dumplings to soup, cover and simmer 20 mins or until a skewer comes out clean when inserted into centre of dumpling.

53 Beef and Beer Casserole

Ingredients

500g lean stewing beef, cubed
Butter
Olive oil
Large onion
Plain flour, not much more than a heaped tablespoon is necessary
Two carrots
6 or so new potatoes
Three-quarters of a pint of beer. If the beer is dark make it half a pint.
Water for adding extra liquid
Two bayleaves or a bouquet garni
Salt and pepper

Method

Dry the meat, dip it in a bowl of salt and peppered flour and then drops it into some hot oil and butter in the pan. Say four or five cubes at a time, dependant on the size of your frying pan/casserole dish.

Once you've finished with that, leave your browned meat in a dish to the side and crack on with your onions and whatever else you fancy. There will probably be some flour stuck to the bottom of the pan but don't worry, it will come off during the course of the cooking.

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Chop your large-ish onion, add some more oil (and a spot of butter for flavour) keep the heat down and slowly cook your onion.

Add the sliced carrots and quartered new potatoes. Fry them off gently, then slowly pour over a bottle of beer, something like an 80 shilling, not too dark not too light and let cook for five minutes to take off the alcohol. Add a couple of bay leaves or a bouquet garni, then return the meat to the pan cover with lid and cook at 325F/170C/Gas Mark 3 for 1 and a half hours, checking it every so often for sticking or extra liquid.

54 Chicken and Apple Sausages

Ingredients

1 chicken breast, diced

1/2 eating apple grated

1 small onion, finely chopped

1-2 tbsp fresh breadcrumbs

1 clove of garlic, crushed

Seasoning of your choice eg Italian herbs, paprika, chinese 5 spice
plain flour

Method

Whizz the chicken for a few seconds in a food processor then add the rest of ingredients, except flour, and whizz together for few seconds. If the mixture seems quite sloppy just add more breadcrumb until it sticks together better.

Take a handful and shape into whatever size sausage shape you want, this again will make however many sausages you want depending on size.

Roll all the sausages in the flour to seal and fry in vegetable oil.

55 Cheesy Beefburgers with Harissa

Ingredients

A pack of good-quality lean minced beef

One medium onion, finely, finely, finely chopped.

One clove of garlic, but not essential

A good hunk of cheese, roughly grated.

A teaspoon or so of harissa.

A spritz of olive oil for frying.

Method

Gently, always gently, fry the onion and garlic in oil or butter in a frying pan. When it is transparent, remove from heat and leave to cool briefly while you mix the minced meat and the cheese and harissa, before adding the onions to the mixture. Really get your hands in about it and give it a good squidge.

Then roll into balls and flatten, to whatever size of burger you fancy, and then fry them to as cooked as you wish, roughly five minutes each side (but I like 'em a bit rarer, to be honest.) The cheese keeps them together and it goes crispy and oozes out of the burger as it cooks. We tend to have them in toasted pitta breads, so we make them roughly to fit, with sweet potato chips.

56 Chickpea Burgers

Ingredients

1 tin of chickpeas
110g gram flour
1 tsp cumin
1 tsp coriander
4 spring onions
4 garlic cloves
a bit of water

Method

Whizz together all the ingredients
Shape a bit into a patty and fry on each side for five mins

57 Potato Scones

Ingredients

255g mashed potato
1tsp baking powder
55g rice flour
1/2 tsp salt (eek - I guess you could leave this out)

Method

Mix together, roll into a ball and roll out into a 5mm thick circle. I cut bits out of it with a pastry cutter and then fried until brown. You can add butter and milk to the mashed potato if you're normal.

58 Pea and Pancetta Frittata

Ingredients

1 pack pancetta, cubed
Frozen peas
4 eggs

Method

So gently fry the pancetta, so that the fat is released and greases a small frying pan. I do them on a low heat for about ten minutes, actually, because I like it a bit caramelly. Then throw in a layer or two of frozen peas, give them a stir and then put the egg mixture in

Cook it for a bit, medium-low heat again, until you see the sides come away from the pan a bit, then under the grill to do the top and hey bingo, you've got a store-cupboard lunch.

59 Lamb Tagine

Ingredients

1 chopped onion

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450g diced lamb
Flour
2 chopped carrots
400g chopped tomatoes
200g dried apricots
50g sultanas

Method

Fry the onion in the grease of your choice (we tolerate sunflower oil).
Coat the diced lamb in the flour (rice flour for us), add to the onion and brown.
Add the carrots, chopped tomatoes, dried apricots and sultanas.
Chuck in a bit of water (200ml?) and simmer until the lamb falls apart.

60 Pecan Lentil Burger

Ingredients

3/4 cup uncooked green lentils
3/4 cup pecans
4 cloves garlic
1 1/2 teaspoon cumin
1 1/2 teaspoon coriander
1 teaspoon chili flakes
3 tablespoons olive oil
3/4 cup bread crumbs (may use wheatless bread such as spelt, or any kind of wheatless substitute)
1 egg (optional-I've made it without and they were fine)

Method

Cook lentils according to package directions until tender...approx 25 minutes. Drain.
Roast pecans at 300 - 325 for 10-15 minutes. (Use your own discretion with temperature and timing because I find the pecans can burn fast) Set aside.
In food processor, mince garlic. Add pecans, mince. Add lentils, spices, bread crumbs and olive oil. Puree until dough-like. Put mixture into big bowl and work in egg if you choose to. Form into patties and fry on pan with a bit of oil.

61 Onion Bhajis

Ingredients

1 medium potato
1/2 an onion
75g gram flour
Spices of your choice (e.g. cumin and coriander)

Method

Grate potato and onion.
Add gram flour and a splash of water.
Add spices of your choice.
Drop one tablespoon into hot oil and fry for 4 mins each side.
This mix made six bhajis.

62 10-Minute Pizza

Ingredients

4oz self raising flour

1oz butter

50ml milk

Red pesto sauce

Veg of choice e.g. thin strips of courgette (use a potato peeler) or carrot, peas, beans, bits of broccoli, that sort of thing...

Grated cheddar cheese

Method

Mix self raising flour with butter and rubbing until you get breadcrumb type mixture. (it's faster if you grate the butter straight from the fridge)

Slowly add about milk a splash at a time and stirring with a spoon each time until you get a dough. You might not need it all.

Knead with hands in bowl (or get handy toddler to help...) and split into pieces depending on how many pizzas you want. Or leave it as one massive one, whatever.

Put dough on oiled baking tray and smooch with fingers until it is the right size, it doesn't have to be even.

Spread on some red pesto sauce straight from the jar.

Add veg of choice

Daintily dump the cheese on top.

Put in oven, Gas Mark 6, for about 10 minutes for hand sized, longer for bigger.

Cut into pieces and eat yours while waiting for the rest to cool.

63 Courgette Fritters

Ingredients

350g courgettes

1 grated onion

60g gram flour

1/4tsp baking powder

1tsp coriander

Method

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

Add remaining ingredients

Fry a good dollop for 2-3 mins each side.

64 Finger Food Patties

Ingredients

3 tablespoons plain flour

3 tablespoons milk

1 egg

a little butter for frying

the filling of your choice

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Method

Crack the egg into the four and mix well

Add milk a little at a time to form smooth batter

Add some filling - I've used: mashed banana and cinnamon, green beans and cheese, peas, sweetcorn, leftover sweet potato - you get the idea

Heat a frying pan with butter then when it is smoking slightly pour in fritter sized circles of batter (about a dssp each I reckon). Cook over medium heat and when wee bubbles of air appear at the top, flip over and cook another couple of mins.

65 Minced Chicken Nuggets

Ingredients

750g minced chicken

175g breadcrumbs

175g grated cheddar

1 tbsp mayo to bind

1 clove garlic

salt and pepper

beaten egg and some fine toasted breadcrumbs to coat the nuggets

Method

Preheat oven to 180C. Mix all ingredients up to and including salt and pepper together. Form into whatever sized nuggets (its up to you, mine are sort of walnut sized) and roll them in beaten egg and then in toasted breadcrumbs. You can freeze them now if you want to.

Place on greased baking sheet and cook for about 20 minutes (45 if frozen)

66 Yorkshire Puddings

Ingredients

2 eggs,

125g plain flour,

150ml milk mixed with 150ml water,

1 level tbsp wholegrain mustard (optional),

good grinding of black pepper

Method

Mix ingredients together and leave to stand for 15 mins.

Nice drop of lard/dripping in the pudding tin(s), and 20-25mins at 220C. This makes them really quite crispy on the bottom.

67 Toast Pizza

Ingredients

1 slice of bread

Tomato puree

Cheese of choice

Method

Lightly toast your bread so the bottom won't be soggy. Spread a thin layer of tomato puree over the top. Cover with cheese. Bung under the grill until the cheese is melted and bubbling. ALLOW TO COOL! Molten cheese has thermonuclear properties! Cut your "pizza" into strips and serve!

68 Cornflaky Chicken

Ingredients

1 chicken breast, cut in finger size strips
1 egg
1 bowl crushed cornflakes
Optional tomato sauce:
1 can chopped tomatoes
Tbsp tomato puree
1/2 onion chopped
1 clove garlic (if your baby likes it!)

Method

Heat your oven to 180 C. Dip the strips of chicken in the egg, and then coat in the crushed cornflakes, pressing firmly. Lay the strips on a rack over a baking tray or roasting tin, and bake in the oven for 20 minutes.

You can allow the chicken to cool and serve it as is - I like them this way! However, the cornflakes can be a bit scratchy, so you could try them with the tomato sauce - just roll them in the sauce and allow to sit for a couple of minutes and the cornflakes will go nicely soggy.

To make the sauce:

If you are using the garlic, chop finely and put in a cold pan with some oil. Bring to a medium heat and allow to soften (starting the garlic in the cold oil helps prevent burning). Add the chopped onion, and continue to saute until nice and soft. Stir in the can of tomatoes and the tomato puree, and cook to a nice "mush".

69 Sweetcorn Patties

Ingredients

525g sweetcorn kernels, tinned or cut from cob (3 cobs)
1 red onion, chopped
2 eggs
half bunch of coriander
125g plain flour
1 teaspoon baking powder

Method

1. Place 2/3 of the sweetcorn and all other ingredients in food processor and blitz. Stir in the rest of the corn.
2. Heat a tablespoon of oil in frying pan and heat to medium-high heat.
3. Drop 2 tablespoons of mixture per cake into pan, cooking 3 at a time. Cook for 1 minute each side, or until golden.

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For accompanying avocado salsa:

- 2 avocados, diced
- half bunch of coriander
- 2 tablespoons lime or lemon juice
- 2 tablespoons chopped spring onions

Mix all salsa ingredients together!

70 Eggy Fried Noodles

Ingredients

- 1 pack cheapo noodles
- 1 egg
- Some frozen veg (peas, sweetcorn, beans etc)

Method

Cook noodles according to packet without the season sachet.

Heat a pan and break in 1 egg and stir around for a bit until half cooked. Add drained noodles and stir a bit more. Once egg is cooked take off heat, stir in frozen veg and leave to sit for a minute or so while the veg cools the egg and noodles...

Tip onto highchair

71 Quiche

Ingredients

- Butter
- Flour (wholemeal and plain)
- Cheese
- Eggs
- Milk
- Random veg for filling

Method

Grate 2 oz butter into 4 oz plain flour (I use half and half wholemeal and plain) and rub until breadcrumbs, mix with a little bit of water until you have a dough.

Roll out dough and either make one big one or use a fairy cake tin to make lots of little baby-hand sized bases. prick all over with a fork to stop bubbles and bake GM 6 or 200 degrees until golden (about 15 mins for big, 5-10 for small).

Fill bases with grated cheese mixed with chosen filling. Bacon, or I use chopped ham or chicken for less saltiness, courgette, tomato slices (I use cherry toms for little ones, very cute), peas, sweetcorn....whatever really. Beat together 3 eggs and 100 milk and pour over filling until reaches the top.

Put back in oven until golden brown and a knife comes out clean, about 20 mins for a big one and 5-10 again for small.

72 Fish Cakes

Ingredients

- White fish

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Potatoes
Herbs e.g. flat leaf parsley
Egg
Breadcrumbs

Method

Cook in ovenproof dish white fish in milk until turns opaque (check there are no bones) Gas mark 5 approx 10-15 mins
Boil potatoes and mash, no butter /milk needed. Finely chop herbs, flat leaf parsley is good - but it is up to you.
Add fish and mash together, beat an egg and add small amount to mash to bind
Flour your hands and take small amounts of the mixture to make small patties.
Dip each patty in the beaten egg and dip in bread crumbs (stale or oven dried if possible).
Place on lightly oiled baking tray and bake in oven gas mark 5 for about 10 minutes or until lightly golden

73 Teeny Turkey Meatloaves with Applesauce

Ingredients

12 oz (3/4 lb) ground turkey (minced turkey)
1 oz (1/2 cup) fresh bread crumbs (here's how to make them)
1/2 small sweet potato, peeled and grated
2 green onions/scallions/spring onions, sliced very thinly
1 tsp fresh ginger, grated
1/2 tsp allspice
2 tbsp applesauce

Method

Preheat the oven to 375 deg F (180 deg C).
Grease 4 mini loaf pans (with a capacity of around 3/4 cup each).
Combine the ground turkey, bread crumbs, sweet potato, onions, ginger and allspice with 1 tbsp of the applesauce and mix well.
Divide the mixture between the four pans and flatten.
Brush the rest of the applesauce on the top of each meatloaf.
Place in the oven and bake for around 20 mins, until cooked through.
Cool, remove from the pans and serve with extra applesauce for dipping!

74 Sugar Free Applesauce

Ingredients

4-5 medium apples, peeled and cored - use naturally sweet varieties, such as Gala, Golden or Red Delicious, Fuji
pinch nutmeg or cinnamon
water

Method

Chop the apples roughly and place in a saucepan.
Pour in about one inch of water - (you could use apple juice instead, but some varieties will contain sugar)

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Bring the apples to a boil, then reduce the heat.
Cover and simmer slowly until the apple chunks are tender (about 10-15 mins).
DON'T cook the apples to the point where the mixture actually looks like applesauce!
Cooking it this long will cause it to be watery and tasteless.
Instead, remove the apple chunks from the pan and either puree them or mash them well. Thin with a little cooking water if necessary.
Sprinkle with cinnamon and nutmeg and serve warm or - as a soothing treat for teething babies - nice and cold.

75 Very Vegetable Pizza

Ingredients

1 medium eggplant/aubergine
2 fl oz (1/4 cup) homemade tomato puree or canned tomato sauce
around 4 oz (1 cup) dried bread crumbs – whole wheat if possible
pinch dried oregano
around 2 tbsp grated mozzarella cheese
around 2 tbsp grated Parmesan cheese

Method

Preheat the oven to 400 deg F (200 deg C).
Peel the eggplant and cut it into 1 inch thick slices.
Cover a baking sheet with foil and grease lightly.
Mix the bread crumbs with the oregano.
Spread a small amount of tomato puree on to one side of each eggplant slice.
Press each slice of eggplant into the breadcrumbs, making sure both sides are covered.
Place the slices in a single layer on the baking sheet.
Mix the two types of cheese together, then sprinkle the mixture on to each eggplant slice.
Bake for around 20 mins, until the eggplant is tender and the cheese is golden.

TIP: You can mix a small quantity of other veggies with the cheese – we like to add a little very finely chopped red bell pepper!

76 Mini Vegetable Quiche Recipe

Ingredients

1 small zucchini (courgette), diced
around 4 asparagus spears
8 fl oz (1 cup) cottage cheese
8 fl oz (1 cup) ricotta cheese
3 eggs, beaten
5 oz (1 cup) diced Cheddar cheese
2 tbsp olive oil
3 tbsp whole wheat flour
1 garlic clove, crushed
1 tsp dried basil

Method

Preheat the oven to 375 deg F (180 deg C).

Remove the woody stems from the asparagus spears, steam them for a few minutes, then chop them.

Beat the eggs with the cottage cheese, ricotta cheese, 1 tbsp of the olive oil and flour. Add the diced zucchini, chopped asparagus, Cheddar cheese, garlic and basil.

Pour into a well greased muffin tray or ramekins (or you could use a regular greased pie plate or flan dish then cut to size afterwards).

Bake until the quiche has set and is lightly golden. The time will depend on the size of the quiche(s) but will be somewhere between 30 to 45 mins.

Cool and serve – we use a palette knife to remove the quiche from the dish or tray.

The leftovers freeze very well, so you can save some for a future date!

77 Butternut Squash Bites

Ingredients

8 oz (around 1 cup) cooked, mashed butternut squash

3/4 tsp ground flax seeds

1 tbsp hot water

1 tsp ground coriander

1 tsp ground cumin

1 garlic clove, crushed

2 tbsp fresh parsley, finely chopped

1.5 oz (1/2 cup) chickpea flour

1/4 tsp baking powder

Method

Preheat the oven to 375 deg F (180 deg C).

Stir the ground flax seeds into the hot water and set aside for 10 minutes.

Mix the mashed butternut squash with the spices, garlic and parsley.

Stir in the flax seed mixture.

Add the baking powder to the chickpea flour, then gradually incorporate the flour into the butternut squash mixture. Mix well.

You should now have quite a stiff mixture, but if the moisture content of the butternut squash was quite high, you might need a bit more chickpea flour to thicken it up.

Using a tablespoon, spoon the mixture into 10 little balls on to a greased baking sheet.

Using the palm of your hand, flatten each ball to a thickness of around half an inch.

Bake for around 20 mins, until golden.

Cool to a safe temperature and serve!

78 Black Bean Cakes with Sweet Potato

Ingredients

7 oz (1 cup) dried black beans

1 small sweet potato, cooked and peeled

16 fl oz (2 cups) water

2 cloves garlic

1/2 small onion, chopped

2 tbsp fresh cilantro/coriander, chopped

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olive oil

Method

Soak the beans overnight, changing the soaking water at least once.

Mix the pre-soaked black beans with the 2 cups of fresh water and bring to the boil.

Lower the heat and simmer, covered, for 1 to 1 1/4 hours, until the beans are tender.

Drain.

Meanwhile, heat a little olive oil in a frying pan and saute the onion and garlic until tender.

In a bowl, mash together the cooked black beans, garlic, onion and sweet potato. Stir in the cilantro.

Form the mixture into little cakes (patties) of a size of your choosing and refrigerate for 1 hour. We find that the mixture is easy to shape just as it is, but if yours seems to be too soft, you could try binding it with some whole wheat bread crumbs.

Place on a greased baking sheet and spray with a little olive oil.

Place under the grill/broiler and cook for 6 to 8 mins until golden, then turn and repeat on the other side.

Cool to a safe temperature and serve.

TIP: You can freeze excess cakes for future use – we freeze ours before putting them under the grill, then grill them as needed.

You may use canned beans instead of dried in this recipe, but please look for a low sodium variety or rinse them well if they contain salt.

79 Chickpea and Carrot Pancakes

Ingredients

2 small carrots, peeled (if not organic) and grated

4 oz (1 cup) chickpea flour

6 to 8 fl oz (3/4 to 1 cup) water

1 tbsp chopped, fresh parsley (optional)

olive oil

Method

Pour boiling water over the grated carrots and soak for 10 minutes to soften them.

Drain, then blot with a paper towel.

Blend the chickpea flour with 6 fl oz (3/4 cup) of the water (you can do this in a food processor), then stir in the grated carrots and parsley. You should be aiming for a smooth, relatively thin batter – the carrots will provide some moisture, so you may not need any more water, but if the mixture seems a little too thick, then stir in up to 2 fl oz (1/4 cup) more.

Heat a little olive oil in a non stick frying pan, ensuring that the surface of the pan is covered.

Using a ladle, put around a quarter of the batter mixture into the pan, tilting the pan to spread it around.

Cook for around 3 mins, until the underside is turning brown, then flip or turn with a spatula and cook for a few minutes on the other side.

Repeat the process with the rest of the batter until you have four pancakes (which you can share with baby or freeze for future use).

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Fold – or cut into manageable pieces – and serve warm. These taste good with an applesauce topping, but they are great by themselves, too!

TIP: You can vary this recipe by using shredded squash or sweet potato in place of the carrots.

80 Tender Chicken Rissoles

Ingredients

1 chicken breast, boneless and skinless
1 tsp curry powder (omit if you'd prefer to keep the rissoles plain)
1 carrot, peeled and chopped
1 stick of celery, chopped
1 clove of garlic, chopped
1 egg
1/2 tsp dried thyme

Method

Chop the chicken into small pieces.
Place the chicken along with all the other ingredients in a blender and process for two minutes, until thoroughly combined.
Bring a saucepan of water to a rapid boil.
Drop the chicken mixture, one tablespoon at a time, into the boiling water and cook for 5 to 10 mins, until the chicken is cooked through.
Cool and serve, adding a plain yogurt dip if desired!

81 Whole Wheat Sweet Potato Turnovers

Ingredients

FOR THE DOUGH...

6 oz (1 1/2 cups) whole-wheat flour
1/4 tsp baking powder
1/4 tsp baking soda
pinch salt
1 tbsp canola oil or vegetable oil
around 4 fl oz (1/2 cup) warm water

FOR THE FILLING...

1 large sweet potato
2 fl oz milk (use breastmilk/formula if you prefer)
1 tbsp unsalted butter
pinch grated nutmeg
2 tsp grated Parmesan cheese

Method

Preheat the oven to 375 deg F, 180 deg C.
Lightly grease a baking sheet.
Place all the dough ingredients into a food processor and mix until thoroughly combined.

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The mixture should form a ball – you may need to add a little more water to make the ball form properly.

Wrap the dough in food-safe plastic wrap and place in the refrigerator for at least three hours (or just leave it overnight).

When the dough has chilled, roll it out as thinly as possible.

Cut out circles – you can use a biscuit cutter or even an upturned cup. Use a smaller cup/cutter to make smaller turnovers.

Place a blob of the sweet potato mixture into the middle of the circle (the amount you need depends on how large you cut the circles), then fold over so that the dough is now in a semi-circle.

Using your fingers, seal the edges together – you can then press a fork all the way around the edges to make them look pretty!

Keep going until you've used up all your dough and filling mixture.

Spray the tops of the turnovers with a little vegetable/canola oil.

Place on the greased baking tray and cook in the oven for 20 to 30 mins, until the edges begin to turn golden.

Cool and serve.

These are tasty as they are, but our little ones think they're even yummiier served with applesauce for dipping!

82 Chickpea Fritters

Ingredients

200 ml chickpea (or gram) flour

200 ml water

salt and pepper to taste

olive oil to fry in

Method

Sieve the flour, then mix with water, salt and pepper until smooth, adding a bit of oil to the mix to make it smoother if needed. You can also add any herbs you like, we added fresh basil to the mix. Dried herbs would be fine too.

Make sure oil is hot before pouring mixture onto frying pan. Fry for a few minutes on each side, or until nice and golden brown and crisp.

83 Cheese 'N Chive Biscuits

Ingredients

3 oz (3/4 cup) whole wheat flour

2 oz (1/2 cup) unbleached white flour

1 1/2 tsp baking powder

pinch freshly ground black pepper

1 tbsp chopped, fresh chives (or use 1 tsp dried)

2 oz (1/2 cup) Cheddar cheese, grated

1 oz (1/8 cup) butter

2 oz (1/4 cup) cream cheese

3 fl oz (3/8 cup) milk

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Method

Preheat the oven to 400 deg F (200 deg C).

Place all the dry ingredients and cheese in a bowl and mix thoroughly.

Using your fingers, rub in the butter and cream cheese until you have a crumbly mixture.

Using a fork, incorporate the milk into the mixture until it holds together loosely.

Knead the dough briefly on a lightly floured surface, then – using your hands – shape it into a rough circle around 3/4 inches thick.

Cut the dough into any shape you choose (fingers, circles etc).

Put the shapes onto an ungreased baking sheet and cook for 15 to 20 mins, until golden in colour.

Cool to a safe serving temperature – you should get around six to eight biscuits using this recipe... plenty for you and baby to share!

84 Twice Baked Sweet Potato

Ingredients

1 medium sweet potato

2 tbsp cooked chicken, finely chopped (optional – the potato will taste great without meat if your baby follows a vegetarian diet)

1 tbsp natural yogurt

1 tsp fresh chives, chopped finely

1 tbsp Cheddar cheese, grated

Method

Preheat the oven to 375 deg F (180 deg C).

Pierce the potato with a fork and bake until tender (around 45 mins).

Cut the potato in half lengthwise, and scoop out the flesh, leaving around 1/4-inch remaining all the way around.

In a bowl, mash the potato with the yogurt and chives, then stir in the chopped chicken.

Spoon the potato mixture back into the shell and top with the grated cheese.

Return to the oven and bake until the cheese is melted and golden.

Cool to a safe serving temperature.

85 Gourmet Sweet Potato Cubes

Ingredients

1 medium sweet potato, peeled and cut into 3/4 inch cubes

1 pinch each of turmeric, cinnamon, paprika and cumin

1 tbsp olive oil or pure coconut oil

Method

Combine the spices with the oil (if you wish, you can heat a small saucepan and ‘toast’ the spices for a minute or two first, to really bring out their flavour!).

Toss the sweet potato cubes in the spiced oil mixture until thoroughly coated.

Preheat the oven to 350 deg F (180 deg C).

Place the sweet potato cubes in a roasting tin and cook for between 20-30 minutes until tender, shaking the tin from time to time to turn them.

Cool and serve... mmm!

86 Sweet Potato Fries

Ingredients

1 medium size sweet potato
2 tsp cinnamon
vegetable oil cooking spray

Method

1. Peel the potato and cut it into strips, 3 or 4 in long and around 1/4 in thick.
2. Place the strips in a bowl, spray lightly with the cooking spray then add the cinnamon. Toss together.
3. Cover a baking tray with foil and arrange the sweet potato strips in a single layer.
4. Bake at 350 deg F (180 deg C) for 45 mins, until tender.
5. Try serving these fries with a homemade applesauce dip!

87 Cheese and Vegetable Pancakes

Ingredients

2 medium white potatoes
1 medium carrot
3 oz grated Cheddar cheese
1 garlic clove, crushed (optional)
1 egg yolk
1 tsp whole wheat flour
little olive oil

Method

1. Peel and coarsely grate the potatoes and the carrot, then press with kitchen towel to remove excess moisture.
2. In a bowl, combine the grated potatoes and carrots with the cheese, garlic, egg yolk and flour.
3. Mix thoroughly.
4. Warm the oil in a frying pan/skillet over medium heat. Drop spoonfuls of the mixture into the hot oil and flatten on top (so they resemble mini pancakes).
5. Fry for 2 mins, then turn and fry for a further 2-3 mins, until the pancakes are golden brown.

88 Healthy Baked Chicken Nuggets

Ingredients

1 skinless, boneless chicken breast
around 2 tbsp cooked, mashed sweet potato
1-2 tbsp natural yogurt
1-2 oz (1/4 to 1/2 cup) dry breadcrumbs
1 tbsp grated Parmesan cheese
little pinch dried basil leaves
little pinch dried thyme

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Method

Preheat your oven to 400 degrees deg F (200 deg C).

Line a baking sheet with foil and spray with cooking spray.

Chop the chicken breast into little pieces (if using frozen chicken, try chopping it before it's fully thawed – it's much easier! Make sure it's thawed before you mix it with the other ingredients, though).

Mix the chopped chicken with enough mashed sweet potato for you to be able to form the chicken into nugget-sized balls (don't use too much sweet potato, or the 'nuggets' will be squishy and hard to coat with breadcrumbs).

Place the chicken/sweet potato balls in the natural yogurt, stirring to coat. Set aside.

Take a large zip-top plastic bag and put in the bread crumbs, cheese, basil and thyme. Shake thoroughly to mix.

Add the chicken nuggets, a few at a time, to the crumbs. Then close the bag and give it a gentle shake to coat the pieces.

Put the coated nuggets on to the foil and place in the oven.

Bake for 10 minutes then carefully turn the pieces over.

Bake for another 10 minutes.

Check that the chicken is cooked through, before cooling and serving.

Serve as they are, or with a dip.

89 Cheese and Veggie Sausages

Ingredients

2 oz (1 cup) whole wheat breadcrumbs

1 heaped table spoon wheat germ

1 tbsp butter

2 spring onions/scallions/green onions

6 oz (1 1/2 cups) grated carrot

5 oz (1 1/4 cup) Cheddar cheese

1 egg yolk

natural yogurt

little olive oil

1 tsp chopped, fresh parsley

Method

Make the bread crumbs by processing slightly stale bread in your food processor, then add the wheat germ.

Finely chop the onions, then saute in the butter with the grated carrot until the veggies are tender.

Mix the cooked veggies with around half the breadcrumb/wheat germ mixture. Stir in the egg yolk and parsley.

Make 'sausage' shapes from the mixture with your hands, then dip the sausages in the yogurt and roll them in the breadcrumbs until they are thoroughly coated.

Chill for 2 hours.

Fry the sausages in a little olive oil until golden brown, then cool and serve.

90 Tuna Cakes with Sweet Potato

Ingredients

8 oz (1 cup) canned light tuna (drained)
1 medium sweet potato, diced
1 small white potato, diced
4 spring onions (green onions or scallions), chopped
1 tsp dried tarragon
1 tbsp unsalted butter
whole wheat bread crumbs

Method

Steam the potato dice until tender.
Mash roughly, incorporating the tuna, onions, tarragon and butter. If the mixture is particularly 'stodgy', add a little milk.
Form into bite-size fish cakes and coat with the bread crumbs.
Heat the olive oil in a pan and cook until golden and firm.
These are yummy served with a pretend 'mayonnaise' of avocado mashed with a little milk!

91 Baked Sweet Potato and Carrot Samosas

Ingredients

For the dough...

4 oz (1 cup) whole wheat pastry flour
6 oz (1 1/2 cups) white flour (unbleached)
good pinch salt
8 fl oz (1 cup) natural yogurt

For the filling...

1 medium sweet potato
1 medium carrot
1 medium white potato
8 oz (1 cup) thawed frozen peas or cooked fresh peas
1 tbsp olive oil
2 cloves garlic, crushed
1 medium onion, chopped well
good pinch ground ginger
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric

Method

In a bowl, combine the whole wheat flour, white flour and salt.
Add the yogurt and mix well until a smooth dough forms.
Cover with a clean tea towel and chill for half an hour.
Whilst the dough is chilling, peel the sweet potato, white potato and carrot and cut into small dice.

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Steam until fork tender.

Meanwhile, saute the onion and garlic in olive oil until tender.

Add the spices and cook for two minutes, stirring continuously.

In a bowl, combine the cooked potatoes and carrots with the cooked onion and garlic, then stir in the peas.

Heat the oven to 400 deg F (200 deg C).

Take the dough from the fridge and pull it into 20 roughly equal pieces. Squash each piece into a small circle on a lightly floured surface, then roll out until 3-4 inches across.

Place a heaped tablespoon of the veggie mixture in the middle of the circle then wet your finger and run it around the edge of the circle – this will help the dough stick together.

Fold the edges of the circle together and press firmly, then seal them by pressing with a fork or pinching the dough together between thumb and forefinger.

Place on a greased baking sheet and drizzle with a little olive oil.

Bake for 10 minutes, then turn the samosas over and cook for another 10 minutes, until golden brown.

92 Easy Cheesy Whole Wheat Scones

Ingredients

4 oz (1 cup) plain/all purpose flour

4 oz (1 cup) whole wheat/wholemeal flour

4 level tsp baking powder

2 oz (1/4 cup) butter

pinch mustard powder (this won't make the scones hot, but gives a richer flavour)

pinch freshly ground black pepper

4 oz (1 cup) Cheddar cheese, finely grated

milk for mixing

Method

Preheat the oven to 450 deg F (230 deg C).

Mix the two types of flour in a bowl with the baking powder, mustard powder and black pepper.

Rub in the butter until the mixture resembles breadcrumbs, then stir in the grated cheese.

Stir in enough milk to achieve a soft rolling consistency, then roll out to a thickness of 1/2 inch and cut into whatever shapes you choose.

(NOTE: This recipe yields around 10 scones – if you decide to freeze some for future use, we recommend freezing the uncooked dough at this point, rather than cooking the scones first, then freezing them).

Place on a greased baking tray and bake for 10 minutes. You can tell when the scones are ready by pressing the sides – they should feel firm.

Cool and serve!

93 Baked Sweet Potato Croquettes

Ingredients

1/2 lb cooked sweet potatoes
1/2 lb cooked white potatoes
2 egg yolks, beaten
pinch freshly ground black pepper
3 tbsp grated Cheddar cheese
1 tbsp fresh chives, chopped finely
4 oz (1 cup) dried breadcrumbs

Method

Preheat the oven to 360 deg F (180 deg C).
Mash the sweet potato and white potato with the chives and cheese.
When the mixture is cool enough to handle, use your hands to shape it into around 10 croquettes or balls.
Dip each croquette into the egg yolk, then into the breadcrumbs, and coat thoroughly.
Spray a baking tray with oil and place the croquettes on it, then spray a little oil on to the croquettes themselves.
Bake in the oven for 15 to 20 mins, until golden

If you want to save some of the croquettes for use in the future, then we recommend freezing them before cooking them for best results.

94 Lentil and Sweet Potato Nuggets

Ingredients

4oz (1/2 cup) cooked red lentils, thoroughly drained
2oz (1/4 cup) cooked sweet potato, mashed
2 egg yolks
1 tbsp unsalted butter (softened)
1 garlic clove, crushed
2 tbsp fresh parsley, chopped finely
pinch freshly ground black pepper
flour
whole wheat breadcrumbs
olive oil

Method

Combine the lentils and sweet potato in a bowl and mash together thoroughly.
Stir in one egg yolk, butter, garlic and parsley.
Form into nugget shapes and chill for 20 minutes.
Beat the second egg yolk. Dip each nugget into flour, then into the egg yolk and finally into the breadcrumbs, making sure they are well coated.
Fry in olive oil until golden brown on all sides, then cool and serve.

95 English Muffins

Ingredients

2 fl oz (1/4 cup) warm water

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1 package of dry yeast
1 tbsp sugar
8 oz (2 cups) whole wheat (wholemeal) flour
4oz (1 cup) white flour
1tsp salt
8 fl oz (1 cup) of milk
3 tbsp vegetable oil
1 egg

Method

Dissolve the yeast and the sugar in the warm water and leave for 10 mins, by which time the mixture should look frothy.

In one bowl, combine the flour with the salt. In a separate bowl, combine the milk, oil and a beaten egg.

Add the frothy yeast mixture to the other liquid ingredients.

Combine the wet ingredients with the dry ingredients and mix thoroughly.

Lightly flour a work surface and turn out the dough. Knead it thoroughly for 10 mins, adding more flour if the mixture is a too soft.

Oil the sides of a clean mixing bowl and place the dough inside. Turn it over several times to ensure that the surface of the dough is covered in oil.

Cover the bowl with a clean tea towel and set aside in a warm room for 45 mins to one hour, until it has doubled in size (if your room is not particularly warm, try placing the bowl in an unlit gas oven – the pilot light alone raises the temperature sufficiently to help the dough rise).

Roll out the risen dough on a floured work surface into a thick sausage.

Slice along its length at 1 1/2 to 1 3/4 inch intervals.

Cover the muffins once again with the clean tea towel and leave in a warm place for a further 30 mins.

Transfer the muffins, one by one, on to a hot griddle and cook for a few minutes on each side until golden brown.

Allow cooked muffins to cool.

Finally, split each muffin and toast them... and they are now ready to serve!

96 Mini Meatballs

Ingredients

110 g (4 oz) beef mince
110 g (4 oz) veal mince
110 g (4 oz) pork mince
30 g (1 oz) fresh white
breadcrumbs
3 tbsp milk
a small handful of parsley
leaves, chopped
2 tbsp freshly grated Parmesan
salt and pepper, to season
2–3 tbsp sunflower oil, for frying
For the sauce
1 tbsp olive oil
1 medium red onion, chopped

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1 garlic clove, crushed
1 x 400 g can chopped
tomatoes
1 1/2 tbsp tomato purée
1 tbsp sun-dried tomato purée
1 tsp soft light brown sugar
1/4 tsp dried oregano
50 ml (2 fl oz) vegetable stock

Method

These are perfect for small mouths. You could substitute chicken mince for either the veal or pork or use just one type of mince.

First, make the sauce. Heat the oil in a large pan and sauté the onion for 10 minutes, until soft. Add the garlic, cook for 1 minute, then transfer half to a food processor. Add the tomatoes, purées, sugar, oregano and vegetable stock to the onions left in the pan, bring to a boil, reduce the heat and simmer for 25 minutes.

Meanwhile add the beef, veal and pork mince to the onions in the food processor.

Whiz for a minute to chop everything then add the breadcrumbs, milk, parsley, Parmesan and salt and pepper to taste. Pulse until well combined. Take rounded teaspoonfuls of the meatball mixture and form into about 30 small balls.

You can now either fry the meatballs or cook them in the oven. For frying Heat the oil in a large non-stick frying pan and fry in batches of 8–10 meatballs for 2–3 minutes on each side, until golden. Drain on kitchen paper.

For oven browning Pre-heat the oven to 200°C/400°F/Gas 6/ Fan 180°C. Put a lipped baking sheet in the oven when you switch it on and allow it to heat up. Put two tablespoons of sunflower oil on the hot baking sheet and add the meatballs.

Bake for 20 minutes, turning halfway through. Transfer the browned meatballs to the sauce using tongs or a draining spoon.

Purée the tomato sauce until smooth, and season to taste with salt and pepper. Return to the pan and add the browned meatballs. Simmer for a further 5–10 minutes. Serve with spaghetti or in hollowed out French bread.

97 Salmon Footballs

Ingredients

1 medium potato, unpeeled 150g
70g salmon
a squeeze of lemon juice
a knob of butter
2 spring onions chopped
1 tsp sweet chilli sauce (optional)
2 tbsp ketchup
half tbsp mayonnaise
1 tbsp seasoned flour
1 egg, lightly beaten
50g breadcrumbs
2 tbsp sunflower oil for frying

Method

Boil the potato in lightly salted water for 25 to 30 minutes until tender (to a table knife). Drain and when cool enough to handle, peel and mash.

Cook the salmon in the microwave for a couple of minutes with a squeeze of lemon juice and a knob of butter. Flake onto a plate and leave to cool slightly. Mix the potato with the spring onions, chilli sauce, ketchup, mayonnaise and salt and pepper to taste.

Fold in the flaked salmon, being careful not to break the fish up too much.

Take tablespoonfuls of the mixture and form into small cakes. Dust in seasoned flour.

Heat the oil in a non stick pan and fry the fishcakes for 2 to 3 minutes on each side until golden. If you want perfectly round footballs then you will need to deep fry the salmon balls.

98 Yummy Burgers

Ingredients

- 1 medium red onion, chopped
- 3 tbsp sunflower oil
- 1 garlic clove, crushed
- 1/2 tsp thyme leaves
- 2 slices white bread, crusts removed
- 250 g (9 oz) minced beef
- 3 tbsp tomato chutney (or you could use tomato relish)
- salt and freshly ground black pepper
- 1–2 tbsp flour, for dusting

Method

Sauté the onion in 1 tablespoon of sunflower oil for 5–6 minutes until soft. Add the garlic and thyme and cook for 1 minute. Tear the bread into pieces and put in a food processor with the onion mixture and blitz together.

If you want a really smooth texture, pulse all the ingredients together in the food processor for a few seconds. If not, combine all the ingredients in a bowl and season to taste. Form the mixture into 6 burgers using flour-dusted hands.

Fry the burgers in the remaining oil for 4 to 5 minutes on each side over a medium-to-low heat. If you fry over a high heat, because of the sugar in the tomato chutney the burgers have a tendency to burn. Alternatively cook the burgers under a pre-heated grill. Serve in a bun with lettuce and tomato.

99 Fish Fingers

Ingredients

- 200g fillet of cod, skinned or use plaice or sole
- Salt and pepper
- 20g plain flour
- 1 lightly beaten egg
- 30g cornflakes
- 1 and a half tbsp sunflower oil

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Method

Put the cornflakes into a plastic bag and crush using a rolling pin and spread out onto a plate. Cut the fish into 6 strips and season with salt and pepper. Coat with flour. Dip into lightly beaten egg and then coat with the crushed cornflakes. Heat the oil in a frying pan and sauté the fish for 3 to 4 minutes, turning halfway through or until golden and cooked through.

100 Falafal

Ingredients

4 spring onions, cut into one inch pieces
2 cloves garlic, halved
1/2 cup coarsely chopped fresh coriander
1/4 cup coarsely chopped fresh mint
1 (400g) can chickpeas, rinsed and drained
1/2 cup white breadcrumbs pref. made from stale bread
1 teaspoon cumin
1 teaspoon baking powder
1 teaspoon Tabasco
vegetable oil
2 tablespoons olive oil
(original recipe calls for 1/2 tsp salt which I omit)

Method

Finely chop the spring onions, garlic, coriander, and mint preferably in a food processor. Add the chickpeas, breadcrumbs, cumin, baking powder, and Tabasco; continue to pulse/mash until the batter has the consistency of porridge. Add some olive oil to help mix if needed.

Lightly oil hands and form mixture into small burger shapes.

Rub a little vegetable oil on each patty.

Let the olive oil get hot (but not smoking) in a large frying pan over medium heat.

Fry patties for about four minutes on each side or until golden brown and crisp.

Put onto kitchen roll to absorb excess oil.

Serve with pitta and salad and either natural yoghurt or, if you can be bothered, herbed cucumber yogurt:

1 cup natural yoghurt
1 clove garlic minced
2 dessert spoons lemon juice
1/2 cucumber, seeded and chopped
Whisk together and chill.

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