Vegan Baby Led Weaning

GLUTEN FREE
& SUGAR FREE



70 DELICIOUS RECIPES

BY CAROLINE DEISLER


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HIIIIII!
I'M CAROLINE

I have been eating a whole-food vegan diet for 11 years now and am so excited to bring Hailey on this journey with me!

If there is one thing I have learned from early on in motherhood, it's that your baby is your mirror. YOU are setting the example for everything.

Getting your baby to love vegetables and healthy foods really starts with having a healthy diet during pregnancy and showing your baby day in and day out what YOU eat to nourish your body and feel your best. Good nutrition, no caffeine (for you or your baby) and a happy environment plays a huge role in having a calm and content baby. Let's get you started!



WHAT IS BABY LED WEANING?

BLW = self feeding from the start!

Baby Led Weaning means you are encouraging your baby to self-feed themselves from the beginning. You're presenting appropriately sized foods instead of spoon-feeding purees.

This approach has so many benefits which I'll get to in a second but also often scares moms away due to the risk of choking. I totally get that and was afraid myself until I took a BLW course and also did a baby first aid course which I highly, highly recommend that all new parents take before starting your weaning journey.

You'll feel a lot more confident and be equipped for any possible choking incidents.

Baby Led Weaning is all about allowing your baby to discover foods naturally by teaching them how to pick up foods and self-feed at their desired pace. It's all about exploring the different textures and flavours and improving their motor skills by picking up the food and putting it into their mouth. What I have also learned is that the risk of choking is much smaller when your baby self-feeds compared to you putting food into your baby's mouth.

In the beginning, it can seem like they don't eat much and mostly play around with the food which is totally fine. They'll get there! Meal times really turn into a fun but also messy (hahaha veryyy messy) experience. It is so amazing to build a healthy relationship with food from the beginning onward!


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BLW BENEFITS

AND WHY YOU SHOULD GIVE IT A GO



FAMILY MEAL TIMES

It's sooo nice for you AND your baby to sit at the table together and make family meal times a routine. Your baby will see you eating and will automatically feel included rather than being spoon-fed at a different time.



MOTOR SKILLS

BLW is a great opportunity for your baby to improve motor skills. Grabbing food, picking it up from the plate, putting it into their mouth, and so on will give them great confidence and help with their development.



PREVENTS PICKY EATING

Presenting a large variety of foods and letting your baby choose what they like gives them the feeling that they are in control which is very important. Keep offering different things and don't be discouraged if your favs are not their favs!



FUN

I alwayyys try to make meal times fun and playful. Cutting foods into cute (and appropriate) shapes, making delicious healthy recipes, and never pushing them to eat something they don't like helps a lot to keep it all a little light hearted.



CONFIDENCE

Applauding when your baby picks up food properly instead of doing it for them makes them feel like they've achieved something and boosts their confidence from early on. You have to be a little patient sometimes, but it's worth it.

BLW BENEFITS

AND WHY YOU SHOULD GIVE IT A GO



HEALTHY EATING HABITS

BLW also basically means you're giving your baby fresh whole foods from the beginning. I never fed Hailey any store-bought baby food and she looooves her broccoli, avocado, celery juice, fruits etc. You're giving them the best start!



EXPLORATION AND CURIOSITY

Having a colourful plate of different fruits and veggies makes them curious to explore the different colours, textures, shapes etc. rather than being spoon-fed purees. This makes them more curious in general and helps with their development.



AVOID OVERFEEDING

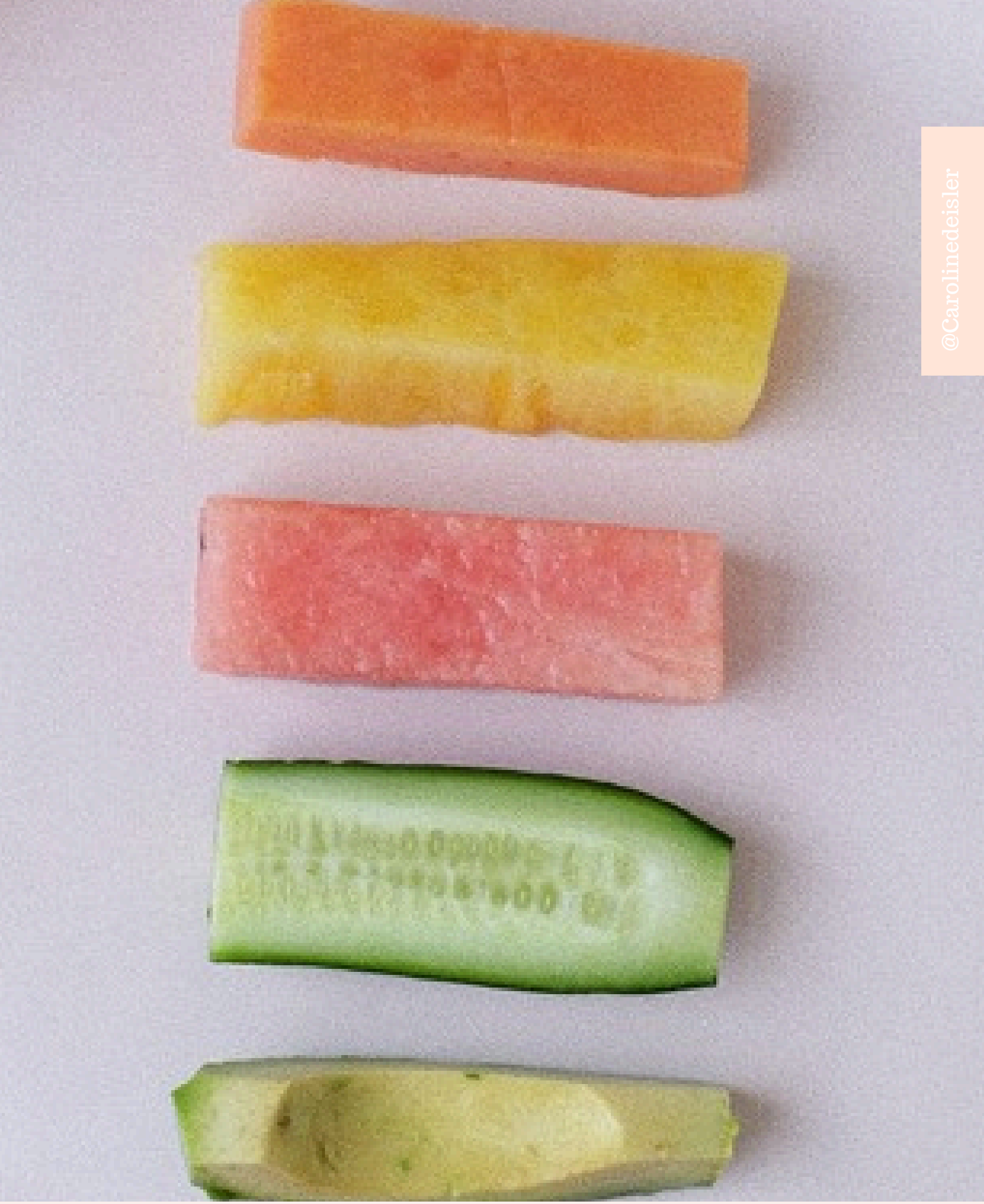
When your baby leads the way there is very little room for overfeeding. Your baby also learns that you respect their 'no's' which early on is something they explore a lot. Them giving you a sign that they've had enough is important to acknowledge.



EATING ADULT FOOD

Your baby is basically eating adult foods (with slight adjustments) from the beginning which improves their jaw development as they have to chew more. This makes your life easier and gives you an amazing opportunity to bond as a family together.

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HOW TO CUT FOODS

from 6 months+ it's all about cutting foods into finger-long shapes to decrease their chances of choking.

Cutting all fruits, veggies, and meals into long strips/shapes makes it the easiest for your baby to hold foods. This also helps to reduce the risk of choking as your baby can take bites from the bigger piece instead of placing whole pieces in their mouth like would be the case with things like grapes, for example.

Getting a crinkle-cutting knife is also an amazing idea to help add more grip to fruits and veggies or sprinkling hemp seeds on avocado so it's less slippery. In general, focus on long finger-sized food pieces.

VEGAN FOODS TO AVOID

FOR 6 MONTHS+ BABIES



GRAPES / HARD NUTS

Grapes can be a choking hazard and I personally haven't given any to Hailey. Blueberries are best avoided in the beginning as well but fine from 12 months+ when you smash them or cut them in half. Nuts are great blended but never whole.



RAW APPLES

Apples are better to serve cooked in the beginning. A little later on I started grating them into recipes or adding them to smoothies like my apple pie shake but I avoided giving Hailey big apple chunks.



SALT / SUGAR / HONEY

Salt, sugar, and honey are a no-no for your baby. I personally only use a bit of pink Himalayan salt for my own food which I then left out for Hailey. From 12 months+ I didn't worry too much about a tiny bit of salt when I ordered, for example, hummus at restaurants but in general I tried to avoid it.

Please keep in mind I am not a pediatrician or a dietitian and am only sharing my own experience. Please always consult with your doctor about what YOUR baby needs or should avoid,

OTHER USEFUL TIPS

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CHOKING VS GAGGING

Gagging is a normal reflex for your baby to bring food back up and it naturally prevents choking. Gagging can feel scary (more so for the parents than for your baby) and is very likely to happen when introducing solids. It's important even so to let your baby bring the food forward. Don't place your finger into your baby's mouth trying to get it out as you'll risk pushing the food further back.

It's also suuuper important to stay calm and to encourage your baby with clapping and forward-moving gestures to bring the food up rather than freaking out as that can also cause your baby to inhale and push the food further back. Again, I highly recommend looking for a baby first aid course in your region as you'll feel so much more relaxed about it and know exactly how to react.

GAGGING	*CHOKING*
making noises	baby is silent
coughing	face turns -
face turns red	blue/purple/ashy

EATING ENVIRONMENT

Always make sure you are eating in a peaceful and calm environment so your baby can fully focus on their food and not be rushed or distracted.

SITTING UP STRAIGHT

Your baby is ready for solids when they can sit upright without any support. This usually happens around 6 months of age.



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SAFETY

Never leave your baby alone while eating and always have a phone close by in case you need to call 999 (UK). It sounds scarier in the beginning than it actually is and don't worry, we'll focus on all the fun parts next but it is always better to be safe, fully prepared and equipped for what to do JUST IN CASE. :-)

FOOD TEXTURE

Foods should be soft enough to mash with your fingers for babies 6 months+ but they also don't have to be suuuper soft. Your baby's gums are pretty strong even without teeth! Hailey loved biting on cold cucumbers to cool her gums and reduce teething pain.

PUREES & BLW

If you are worried that your baby isn't eating enough, you can also do a mix of Baby Led Weaning AND feeding purees OR even better yet, let your baby spoon-feed purees to themselves. I loved making smoothies and oatmeals for Hailey from the beginning. That way I knew she was getting lots of good healthy fats in which can be a little tricky in the beginning. If there is one piece of advice I would follow, it's to listen to your gut feeling. A mom's intuition is still the absolute best and you'll naturally develop a sense of what is the right approach for *your* baby.

THE MESS

If this is your first baby, you'll be quite shocked at how messy things get! I wasn't prepared for this haha. One thing I do really recommend though is to enjoyyyyy the mess WHILE your baby is eating and then clean up afterwards instead of wiping your baby's face while they're eating as this can be irritating and will make the whole process less enjoyable. Remember, it is supposed to get messy, and as long as you are well equipped with a floor mat and bib it's quite easy to control and keep the mess in ONE PLACE hehe. Overall, I have been loviiiiiing the whole journey.



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SUPPLEMENTS

Please consult with your pediatrician first as it differs from child to child. I have been giving Hailey a baby probiotic with added **Vitamin D** (called bio gaia), a vegan **iron** supplement from Nature's Aid and I am now also giving a **DHA** supplement (from Nature's Aid as well). It's veryyy difficult to find good supplements with zero additives or vegetable oils so you have to distinguish what's more important to you. I can't tell you exactly what to do but only share what we have been doing.

Babies get their iron stores filled up in the last part of the pregnancy and also get lots of iron through the blood that goes back to their body from your placenta after birth before the cord is clamped. That's why delayed cord clamping has many benefits. However, not every birth happens that way or is exactly the way we ideally had envisioned it riiight haha.

About 6 months post-birth is when your baby's iron stores naturally deplete and is why it's extra important to focus on iron-rich foods for babies once you start introducing solids.

Omega-3 is another veryyyy important nutrient for your baby's brain development and something I would keep an extra eye out for. I love adding chia, hemp, flax and pumpkin seeds to smoothies, sauces, and porridges to give them an extra omega-3 boost as seeds can be hard to digest if they're not blended.

B12 is also something to be extra mindful about especially when weaning your baby vegan. The Iron supplement I am giving Hailey also contains B12 and I also love using nutritional yeast with added B12.

Calcium is a very important mineral for your baby and also for you if you are breastfeeding. Breastfeeding moms need double the amount of calcium, otherwise, your body will prioritize your baby's needs before yours and you'll end up having teeth and bone problems later down the line. You can find coconut yogurt with fortified calcium for an extra boost and focus on calcium-rich foods like edamame beans, broccoli, kale, soy milk, and tofu.



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IRON RICH FOODS

TO BOOST YOUR BABIES IRON INTAKE



OATS



DRIED APRICOTS



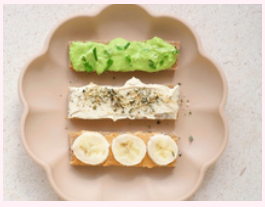
GREEN PEAS



LENTILS



CHICKPEAS / HUMMUS



TAHINI



BLACK BEANS



SPINACH / KALE



GREEN BEANS



BEETROOT



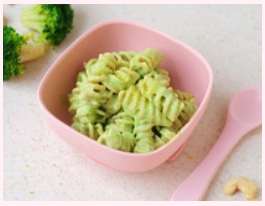
PUMPKIN SEEDS



TOFU



QUINOA



BROCCOLI

GETTING STARTED

FOR BABIES 6 MONTHS+



SIGNS THAT YOUR BABY IS READY

Your baby has to be able to sit up straight without any support which usually happens around 6 months but don't stress about it, every baby is different and there is no rush. I started with Hailey at 7 months.



ALLERGENS

There are certain foods that are more commonly an allergen like nuts, soy, dairy, wheat, eggs, and seafood. It's important to introduce one at a time to see how your baby reacts. If you are weaning your baby vegan, you don't HAVE to introduce dairy, eggs, and seafood just to test if there is an allergy. Go by how YOU feel about it. I personally have given Hailey wheat, all nuts, and soy so far and she hasn't had any reaction but again every baby is different. Coconut can also be a common allergen.



EVERYTHING YOU NEED

To get started there are a few things that make your life easier:

Baby high chair
Floor mat
Silicone bib

LET'S GO!!!

Now that you know all the basics and are readyyyy for your baby to explore solid foods, the fun starts!!

Get creative in the kitchen, make cute little variations, prep foods for a few days since you'll need tiny portions, and enjoy mealtimes with your baby.

Hailey's first food was watermelon, soon after that we tried bananas, avocados and she looooved broccoli. I first gave her mostly whole foods so she could focus on each food individually and soon after that we started with recipes.

A few weeks in, I started making porridges, chia puddings, muffins, pasta, veggie patties etc. and now that she is 15 months I have an amazing collection of go-to recipes I make weekly which I am so excited to share with you!!





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Baby **Granola**



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Baby Granola

Ingredients

1/4 cup cashews
1/4 cup brazil nuts
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup almonds

1 cup coconut yogurt
1/4 cup berries

CARAMEL
6 medjool dates
1/2 cup water
1 tbsp almond butter

Directions

1. Add all nuts to a baking tray lined with parchment paper and bake for 5-10 minutes at 170 degrees Celsius. Let them cool down.

2. Add roasted nuts to a blender and blend until it's a floury texture. Mmmm smells heavenly right?!

3. Make the caramel by blending dates, water and almond butter. Add coconut yogurt, caramel, granola blend, and berries to a bowl, and you're readyyyyy!



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Iron Sprinkles

Ingredients

2 tbsp sesame seeds or flaxseeds
2 tbsp pumpkin seeds
2 tbsp hemp seeds

Steps

1 Blend all seeds in a blender for a few seconds until you have a powdery mixture.

I love using this as a topping for porridge, pasta, or really any type of meal! Such an easy way to sneak more iron-rich seeds into meals!!



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Avocado Mash

Ingredients

1 avocado (very ripe)
1 tbsp iron sprinkles

Steps

1. Mash avocado with a fork, add some iron sprinkles and use it as a side for breakfast, lunch, or dinner. I also love giving it to Hailey as a snack.

2. You can also cut the avocado in wedges and cover it in some iron sprinkles for better grip.



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Mini Bananas

The perfect snack for your little ones any day

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Ready in

5 mins

Ingredients

3 mini bananas
1 tbsp almond butter
1 tbsp desiccated coconut

Steps

1. Peel bananas half way, that way your baby has a better grip and can pick them up more easily.
2. Dip each banana into almond butter and add a sprinkle of shredded coconut.

I LOOOVE to make these for Hailey. I am always looking for ways to incorporate more healthy fats into her diet and this is such a fun thing for her to eat too!!



Oat Pancakes

Iron boosting pancakes for every day!!

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Ready in

15 mins

Ingredients

2 dried apricots, soaked
1 medjool date
1/4 cup almond milk
1/2 ripe banana
1/2 cup oat flour
1/2 tsp vanilla extract

TOPPING
1/2 ripe banana

CARAMEL (optional)
6 medjool dates
1 cup water
1 tsp vanilla powder extract
1 tbsp almond butter

Directions

1. Add dried apricots, dates, almond milk, banana, oat flour and vanilla to a high speed blender and blend until smooth.

2. Form mini pancakes in a non-stick pan and place a banana slice on top of each pancake. Sprinkle a tiny bit of coconut sugar on top and let it cook for about 3 minutes on each side.

3. Make the caramel as a delicious dip for your little one by blending dates, water, vanilla and almond butter until creamyyy! SO YUM!



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Chocolate Sauce

Ingredients

5 large medjool dates
2 tbsp almond butter
1-2 tbsp carob powder
1/2 cup water

Steps

1. Blend all ingredients until smooooth and the most delicious chocolate sauce that you can use for porridge, bananas, cookies, or plain as a delicious pudding, is ready!



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Buckwheat Pancakes

Ingredients

1/3 cup buckwheat flour
1/3 cup water

CHOCO CREAM
5 medjool dates
1/2 cup water
1-2 tbsp carob powder
2 tbsp almond butter

TOPPING
1 banana

Steps

1. Mix buckwheat flour and water until combined.
2. Add the dough to a non-stick pan and let each mini pancake cook on each side for a few minutes.
3. For the chocolate cream add all ingredients to a blender and blend until smooth.
4. Add a spoonful of chocolate cream to each pancake and optionally top with a piece of sliced banana. This is a delicious protein-packed breakfast, lunch, or snack!


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Choco Pops

Ingredients

3/4 cup ground almonds
1/4 cup coconut sugar
1/4 cup pure apple sauce
1 tsp vanilla extract
1/4 cup carob powder

Directions

1. Mix all ingredients well. Form mini balls with your hands and place them on a tray lined with parchment paper.
2. Bake for 10 minutes and let them fully cool down to get firm and crisp.
3. Serve in a bowl with almond milk or plain as a snack. Such a delicious breakfast cereal option that will make your toddler feel amazing!

Beetroot Smoothie

The iron boosting drink for your baby & toddler!

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Ready in

5 mins

Ingredients

1/2 cup cooked beetroot
2 dried apricots, soaked
1 medjool date
1 ripe banana
1/4 cup cashews
2 cups water

Directions

1. Add all ingredients to a high speed blender and blend until smoooooth.

Beetroot is an amazing blood and iron boosting baby / toddler food and this smoothie makes it extra delicious!!

NOTE: Beetroot is recommended in small doses for babies under one. I would only give a few sips to get your baby used to it before offering the full portion.



Super food Porridge

Ingredients

1/2 cup oats
2 tbsp chia seeds
1 tsp vanilla extract
2 tbsp raisins
1 cup water (or almond milk)

1 tbsp hemp seeds
1 tbsp ground flaxseeds

1 banana, mashed
3 medjool dates, chopped
2 scoops coconut yogurt

OPTIONAL:
Berries, grated apple

Steps

1. Add oats, chia seeds, vanilla, raisins, and water to a bowl and let it soak overnight.

2. Top with hemp seeds, freshly ground flaxseeds, mashed banana, chopped dates, coconut yogurt, berries, and any other toppings you fancy for your little one.

   Note: Only add raisins for babies 12 months+ and squish the blueberries to avoid any risk of choking.

   I loooove this porridge myself haha (I like all the baby recipes really)! I definitely recommend making a portion for yourself as well:) It's perfect to meal prep the night before, so yummy and incredibly nutritious.



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Quinoa Millet Porridge

Ingredients

1/4 cup quinoa flakes
1/4 cup millet flakes
1/2 cup hot water
1 tbsp almond butter
2 dried apricots, chopped
1 medjool dates, chopped

TOPPINGS
Berries
Coconut yogurt
Hemp seeds

Directions

1. Add all ingredients into a bowl and mix well. I like to use hot water so the almond butter gets smooth and the porridge ends up being slightly warm which is really soothing in the morning.

2. Add your favourite toppings and this power porridge is ready. I also love to make it for Hailey whenever we are traveling as it's so easy to bring a small package of quinoa flakes, millet flakes, a jar of almond butter, and some dates with me.



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Iron Boosting Smoothie

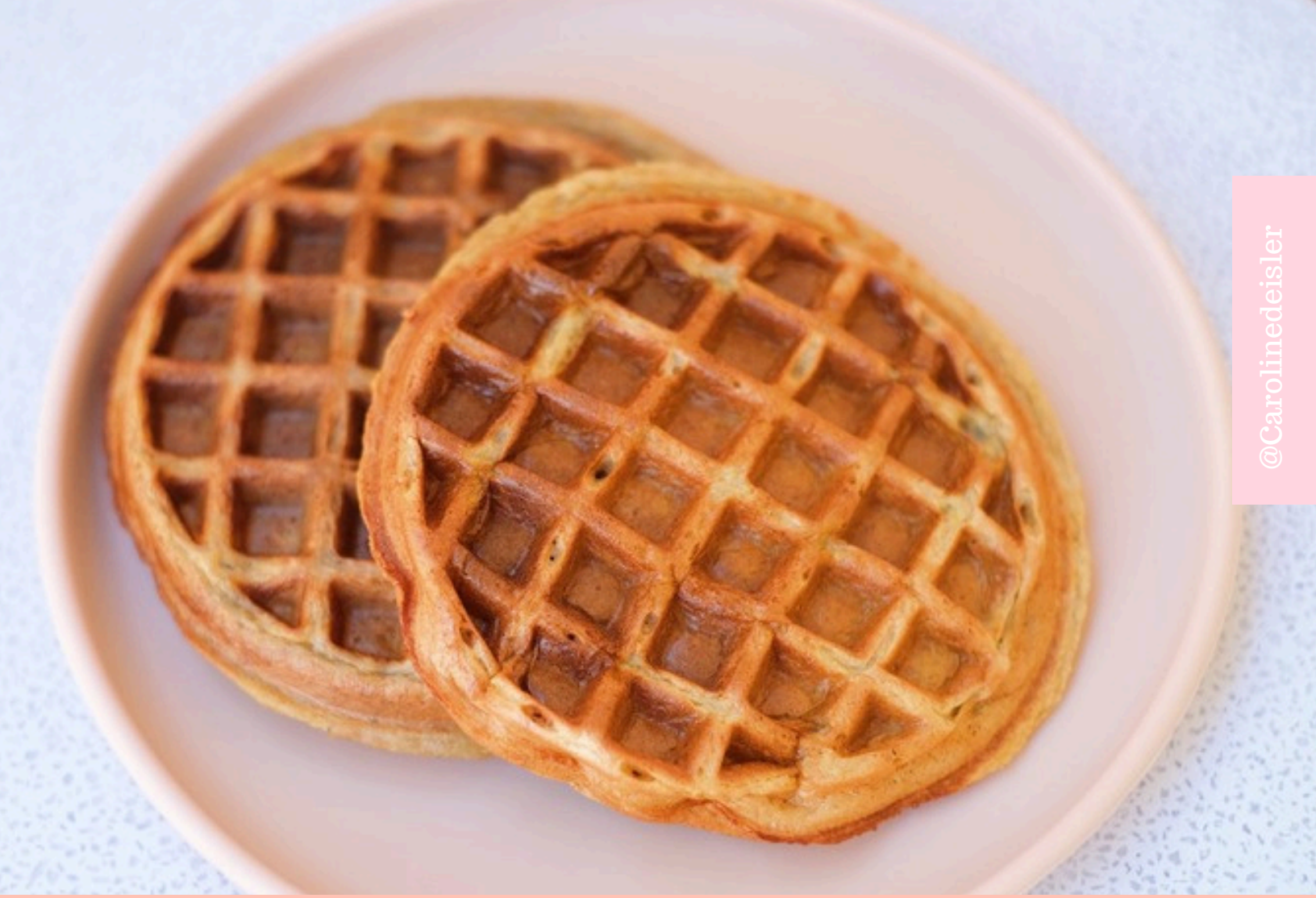
Ingredients

2 leaves kale, de-stemmed
2 stalks celery
1/2 cup frozen mango
1 frozen banana
2 cups water
1 brazil nut
1 tbsp flaxseeds
2 cups almond milk

Directions

1 Add all ingredients into a blender and blend until smooooth. Hailey LOVES her green smoothies!!

Such an easy way to sneak more iron-boosting greens into her diet.



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Banana Oat Waffles

Ingredients

1/2 cup oats
1/2 cup water
1 tbsp flaxseeds
1 large ripe banana
1 tsp vanilla powder extract

Directions

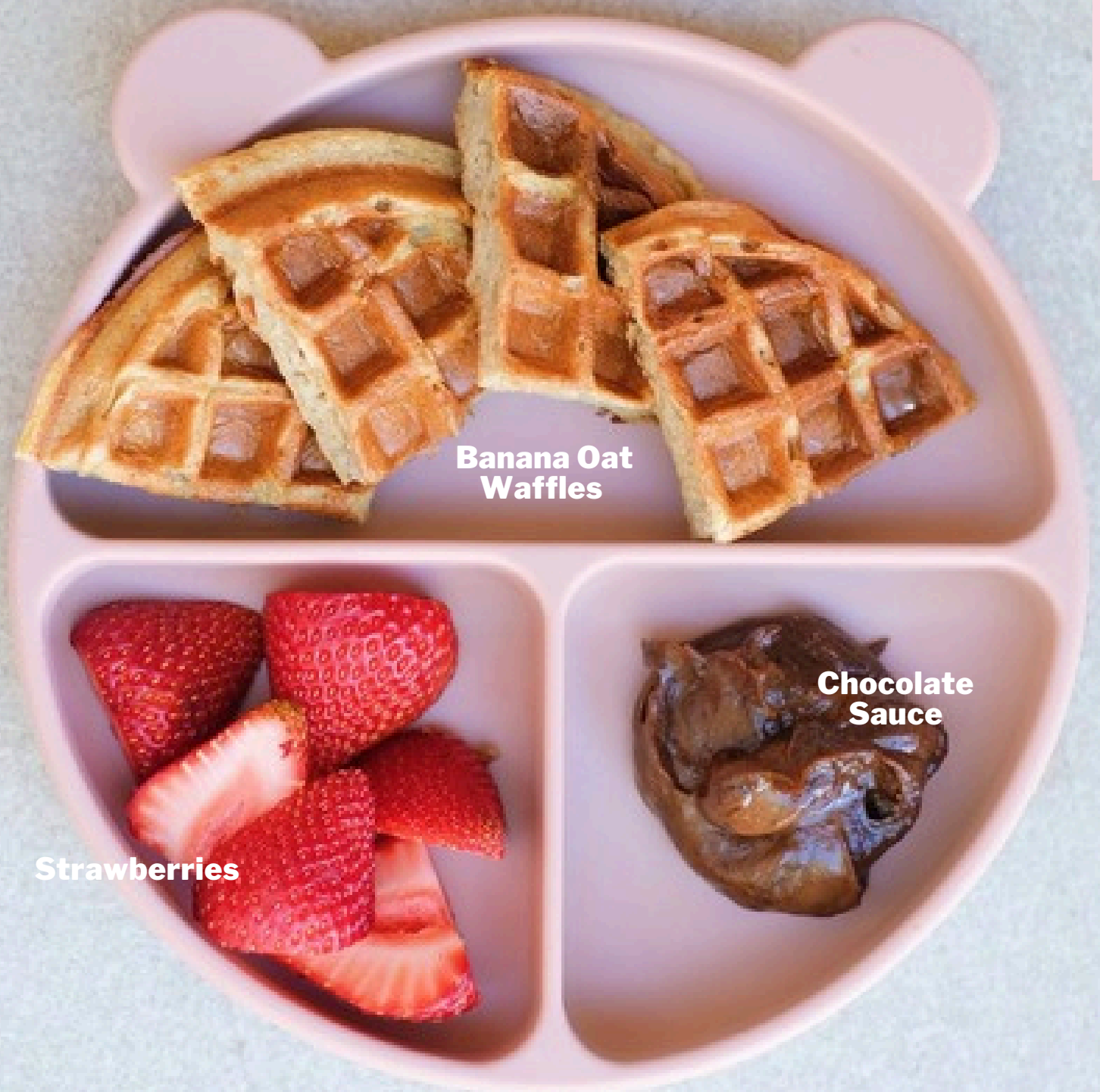
1. Add all ingredients to a small blender and blend until smooth.

2. Pour the dough into a heated waffle iron and let it cook for a few minutes. Important: Turn the waffle iron off and let it cool down for a few minutes before removing the waffle from the waffle iron to prevent it from sticking.

I make these ALL the time!! Such an amazing way to get oats and flaxseeds into Hailey's diet which are both high in iron!

Meal Idea

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Toast - 3 Ways

Ingredients

Fresh sourdough bread

Creamy avocado

Hummus + Hemp seeds

Peanut butter + Banana

Directions

1. Slice your bread and remove the crust to make it easier to chew on.
2. For the avocado version, blend 1 ripe avocado, juice of 1/2 lemon, 1/4 cup water, and 1/4 cup cashew nuts. Top with fresh herbs (optional).
3. For the hummus version, blend 1/2 cup cooked chickpeas, 1 tbsp tahini, juice of 1/2 lemon, 1/4 cup water, and top with hemp seeds.
4. For the peanut butter version, add a layer of smooth peanut butter and top with thin banana slices.



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Date Shake

Ingredients

3-4 medjool dates, pitted
1 small banana
1 tbsp hemp seeds
1 tbsp flaxseeds
1 tbsp chia seeds
1 tbsp almond butter
1/4 cup oats
1 cup water

Directions

1 Add all ingredients to a high-speed blender and blend until smooooth. The creamiest most delicious smoothie to boost your little ones' energy and get lots of nutritiousness into their diet!

I make this almost daily for Hailey and love to prep it the night before so all the seeds have time to soak overnight. I also love to switch it up and use pumpkin seeds or Brazil nuts.



Choco Chia Pudding

Ingredients

3 tbsp chia seeds
1/2 cup water

CHOCO CREAM
1 tbsp carob powder
1 ripe bananas
2 medjool dates
1/4 cup water
2 tbsp pecans

Directions

1. Soak chia seeds in water overnight or for at least 30 minutes.

2. Add all choco cream ingredients into a high-speed blender and blend until creamyyy. Serve like this or add some toppings like cooked bananas which are a favourite in our house!! Simply add banana slices to a non-stick pan with a sprinkle of coconut sugar and cook until soft.



Banana Bites

Ingredients

2 ripe bananas

3 medjool dates
1/4 cup water
1 tbsp nut butter

Directions

1. Blend dates, water, and nut butter until smooth. I love to rotate with different nut butters here to mix it up and give Hailey a broad variety of nutrients.

2. Slice the bananas into 1-2cm thick pieces, add a layer of the date caramel and top with another banana slice. You can also add a sprinkle of shredded coconut! Such an easy and delicious snack that takes 5 mins to prep!



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Breakfast Bars

Ingredients

2 large ripe bananas, mashed
1 cup oats
1 heaping tbsp peanut butter

1/2 cup blueberries
2 medjool dates, chopped

Directions

1. Preheat the oven to 180 degrees Celsius. Mash bananas with a fork, add in oats and peanut butter, and mix well.

2. Transfer the mixture to a small baking tray lined with parchment paper, top with blueberries and date pieces, and bake for 13 minutes.

The quickest, easiest toddler snack from 12 months+.



Tofu Scramble

Ingredients

75g firm tofu

1 tbsp olive oil
1/2 tsp turmeric powder
1 tbsp nutritional yeast

1/2 avocado

1 slice of soft sourdough bread

Directions

1. Dry tofu with a kitchen towel and squeeze out any extra liquid. You want it to be dry and crumbly.

2. Heat olive oil in a non-stick pan and fry tofu for a few minutes until golden. Add in turmeric powder and nutritional yeast.

3. Mash avocado with a fork and add on top of your soft sourdough bread, top with the tofu scramble, and your little ones' supercharged breakfast is ready.



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Chocolate Shake

Ingredients

2-3 frozen bananas
2 tbsp carob powder
1 tbsp almond butter
1 cup water

Directions

1. Add all ingredients to a high-speed blender and blend until smooooth. The creamiest most delicious cold cacao shake!! Carob is naturally caffeine-free though which is AMAZING for babies and toddlers!! I LOVE this one for myself as well and have it almost daily at the moment.

Iron Boosting

Oat Muffins



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Oat Muffins

Ingredients

1 large ripe banana
1/2 cup oats
1/2 cup water
2 medjool dates
1 tbsp almond butter

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add banana, oats, water, dates, and almond butter to a small blender and blend until smooth.
3. Pour the mixture into your small silicone muffin forms, top with blueberries, bananas, or apple slices, and bake for 25 minutes. Let them cool down and enjoy!!



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Chocolate Oats

Ingredients

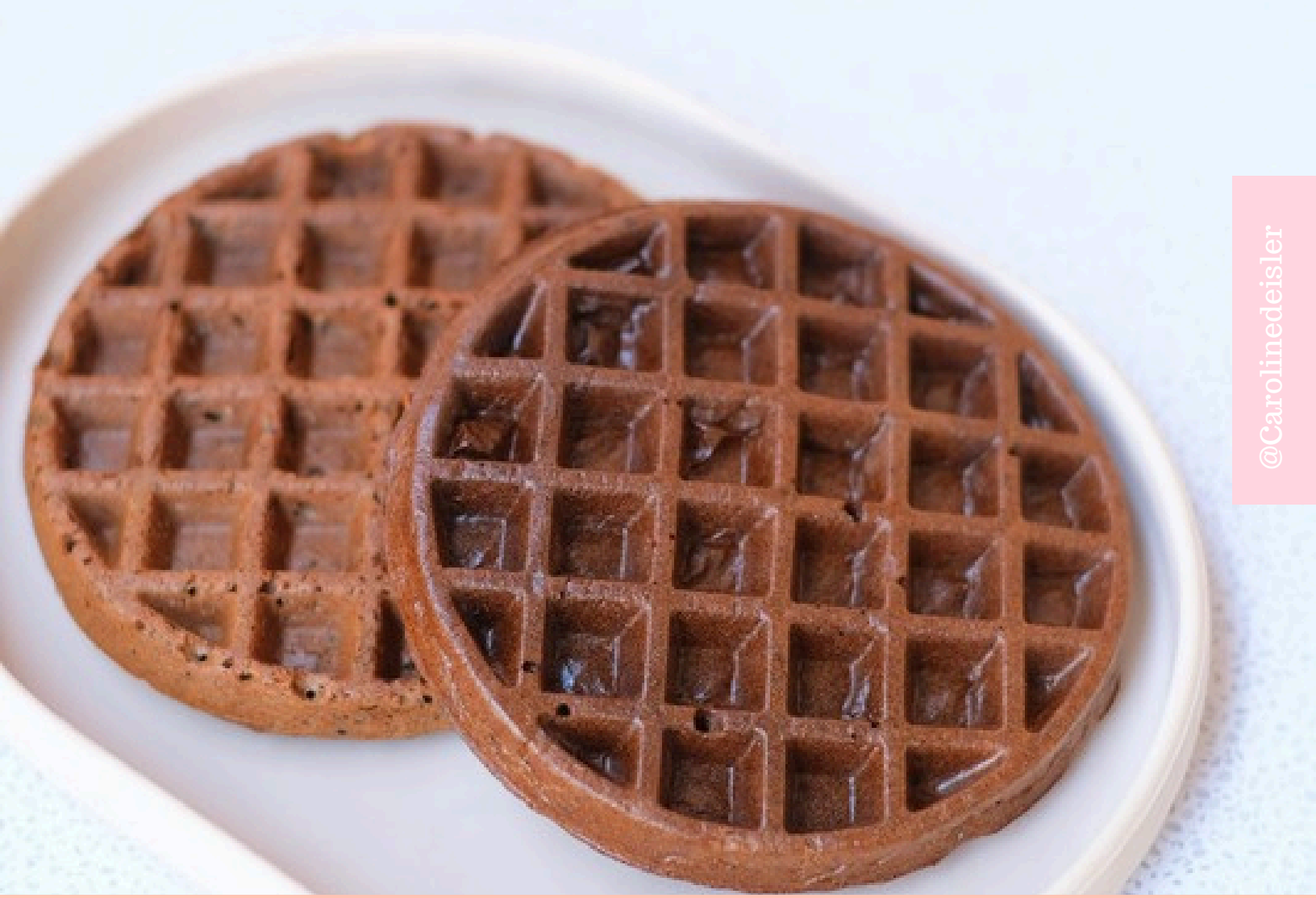
1/4 cup oats
1 tbsp chia seeds
1 tbsp ground flaxseeds
1/2 cup water

CREAM
1 ripe banana
2 medjool dates
1 tbsp carob powder
1 tbsp almond butter
1/4 cup water

Directions

1. Add oats, chia seeds, ground flaxseeds, and water to a bowl and let them soak overnight. You can rotate here with different seeds like hemp seeds or even blended pumpkin seeds.

2. Make the cream by blending all cream ingredients until smooth then stir it into the oat mixture. This is the most deliiicious oatmeal bowl.



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CHOCO WAFFLES

Ingredients

3/4 cup soaked buckwheat groats
1/2 cup almond milk (or water)
1 large banana
1 tbsp flaxseeds
1 tbsp hemp seeds
1-2 tbsp carob powder

1 tsp coconut oil for frying

Directions

1. Add all ingredients to a small blender and blend until smooth. Add coconut oil to your waffle iron and pour in the dough. Bake for a few minutes until crisp. Let the waffle cool down a bit before removing the waffle from the waffle iron to avoid sticking.

2. This waffle is one of Hailey's favourites and we make it on repeat! The dough is also great for pancakes and both waffles and pancakes are amazing to take with you for a snack on the go as moms always need to have snacks on hand riiight? Haha + it's not a messy food YAY!

Meal Idea



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Caramel Popsicles

The healthiest most delicious ice cream popsicles!!!

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Ready in

10 mins + freezing

Ingredients

CARAMEL POPSICLES
2 ripe bananas
3 medjool dates
1 heaping tbsp hazelnut butter
1/4 cup water

CHOCO CREAM
2 tbsp hazelnut butter
1 tbsp carob powder

Directions

1. Add all ingredients to a small blender and blend until smooth.

2. Transfer the mixture to your silicone ice cream forms and freeze overnight or for at least 3 hours.

3. Enjoy like this or dip into our delicious choco cream by mixing hazelnut butter and carob powder. YUM YUM YUM, I give these to Hailey all the time now and she loves them!! I love them too heheh!

Apples

(for 15 months+ as raw apples
can be a choking hazard)



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Apple Donuts

Ingredients

1-2 apples

CARAMEL SAUCE
5 medjool dates
1/2 cup water
1 tbsp peanut butter

TOPPING IDEAS
Desiccated coconut
Hemp seeds
Berries

Directions

1. Slice apples into 1cm thick round pieces. Remove the core by using a cookie cutter. I used a heart shaped one to make these extra cute.

2. Blend all caramel ingredients until smoooth and add a thick layer on top of your apple slices. Feel free to add more toppings!

   Important: Raw apples can be a choking food.



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CHOCO ICE CREAM

Ingredients

3 frozen bananas
1-2 tbsp carob powder
1 tbsp hazelnut butter
1/4 cup almond milk

Directions

1. Add all ingredients to your food processor or small blender and blend until creamyyyyyy.

2. Enjoy right away or if you prefer actual ice cream scoops, pour the mixture into a freezable bowl and freeze for a few hours. Hailey and I are both obsessssed with this one and carob powder is 100% caffeine-free which means you won't have a crazy baby afterward hahah.



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VANILLA ICE CREAM

Ingredients

3 frozen bananas
1 tsp vanilla extract
1/4 cup almond milk

Directions

1. Add all ingredients to your food processor or small blender and blend until creamyyyyyy.
2. Pour the mixture into a freezable bowl and freeze for a few hours. That way you can scoop out real ice cream scoops!



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Soft Hazelnut Cookies

Ingredients

2 cups ground hazelnuts
5 dried apricots, soaked in hot water for 15 minutes and chopped
1/2 tsp vanilla extract powder
1/2 tsp cinnamon
2 tbsp grated apple

Caramel sauce: Blend 6 medjool dates & 1/2 cup water

OPTIONAL: For a chocolaty (caffeine-free) version add 2 tbsp of carob powder

Directions

1. Preheat the oven to 170 degrees Celsius and start by soaking the dried apricot in hot water and set aside.
2. Make the caramel sauce by blending dates and water until creamy and grate the apple. Chop soaked apricots and mix together with all other ingredients.
3. Form little cookies with your hands and place them on a tray lined with parchment paper. Bake for 12 minutes and let them cool down. Top with a drizzle of nut butter to add more healthy fat. I loooove these cookies so much!!

Lentil Quesadilla

Iron boosting lentil wraps for your little one

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Ready in

20 mins

Ingredients

1/2 cup red lentils, soaked overnight
1 cup water

FILLING
1 avocado
1 tbsp iron sprinkles or hemp seeds

Steps

1. Rinse soaked lentils and add to a blender with 1 cup of water. Blend until smooth then pour the mixture into a non-stick pan.
2. Fry on each side for a couple of minutes. Let your lentil wrap cool down and cut into strips.
3. You can either serve it plain as a healthy bread substitute or add avocado as a filling to make more of a sandwich style quesadilla. Both so, so yum!!



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Plantain Chips

Ingredients

1 plantain, peeled & sliced
1 tsp coconut sugar

Directions

1. Peel and slice your plantain into 2cm thick pieces.
2. Add plantain pieces to your air fryer, add a tiny sprinkle of coconut sugar, and bake for 15 minutes at 190 degrees Celsius.
3. Give it a little shake halfway through and optionally add another sprinkle of coconut sugar. I loooove these little bites of heaven!! So easy to make and such a quick, delicious, and healthy snack, or as an add-on for any baby/toddler meal. They're also amazing on the go!

Sweet Potato Patties

An amazing healthy bread alternative with Avocado!

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Ready in

30 mins

Ingredients

1/2 cup sweet potato, baked peeled
1/2 cup oat flour
1 flaxseed egg: 1tbsp flaxseeds, 2 tbsp water

Bake for 10 mins on each side

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mix sweet potato, oat flour and flax egg together and form little patties with your hands.
3. Place them on a tray lined with parchment paper and bake for 10 minutes on each side.
4. Let them cool down and serve as a snack or avocado toast substitute. I LOVE these for travel days as well!

Meal Idea



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Quinoa Porridge

Ingredients

1/4 cup quinoa
200ml coconut milk
1 tsp cinnamon
3 medjool dates, chopped
1 tbsp raisins

TOPPINGS
Banana
Blueberries

Directions

1. Rinse quinoa and add to a non-stick pot with 200ml coconut milk. Bring to a boil and let it simmer for 15 minutes.
2. Add in cinnamon, chopped dates, and raisins so it gets all creammyyyy and sticky.
3. Let it cool down, transfer to a bowl, and top with bananas and blueberries (blueberries can be a choking food, make sure to mash them or cut in half).

This porridge is an amazing way to add more healthy fat and complete protein to your little ones' diet! You can also mix it up by adding carob powder for a chocolaty version.



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Vanilla Pudding

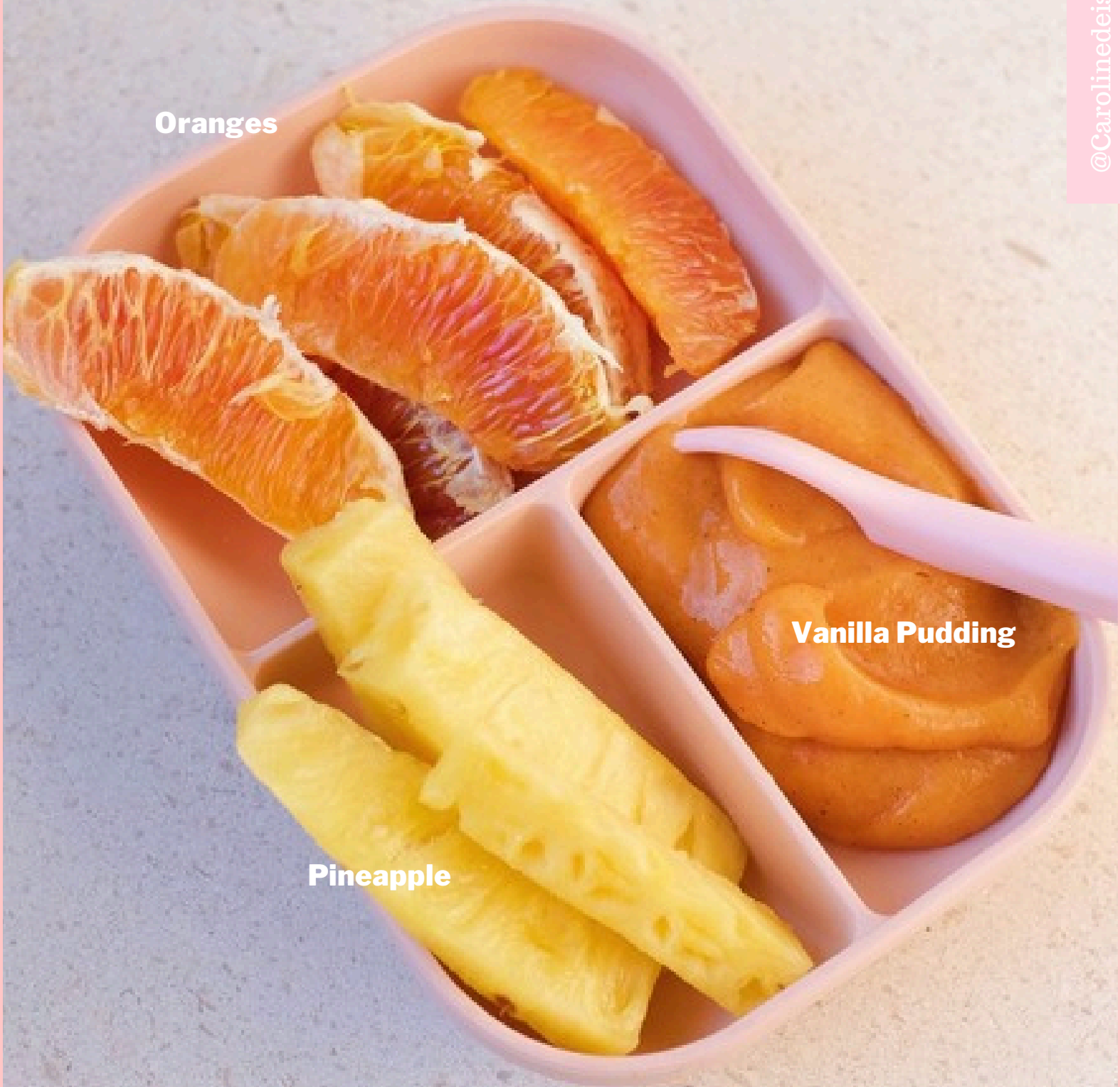
Ingredients

2 ripe persimmons
1 tsp vanilla powder extract

Directions

1. Add persimmons and vanilla to a blender and blend until smooth. The easiest most delicious baby vanilla pudding that I make everyyy day during persimmon season. YUM!

Meal Idea



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Choco Pudding

Ingredients

2 ripe persimmons
1 tbsp carob powder

Directions

1 Add persimmons and carob powder to a blender and blend until smooth.The easiest most delicious chocolate pudding that's caffeine-free and sooo delicious!! A must-try during persimmon season.



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Berrylicious

Ingredients

1 ripe banana
1/2 cup frozen wild blueberries
2 medjool dates
1 tbsp chia seeds
1 tbsp hemp seeds
1/2 -1 cup water

Directions

1. Add all ingredients to a high-speed blender and blend until smooooth.

   Berries are super high in antioxidants and an amazing brain-boosting food especially for babies 6 months+ it's so convenient to blend them as blueberries can be a choking hazard.

   .



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PB COOKIES

Ingredients

1 cup ground almonds
1/2 cup oat flour
3 tbsp peanut butter
2 ripe bananas, mashed

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mash bananas with a fork and add to a bowl with ground almonds, oat flour, and peanut butter. Mix it all well together and form little cookies with your hands.
3. Bake for 18 minutes and let them cool down afterward. I looove to eat these with Hailey dipped in more peanut butter or into our chocolate sauce.



Plantain Brownies

Ingredients

2 squishy ripe plantains (they should be almost black)
1 cup oat flour
1/2 cup carob powder
4 large dates
1/2 tsp baking powder
1/2 cup + 2tbsp almond milk

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Peel plantains and add to a food processor, pulse until smooth, and then add the rest of the ingredients and pulse again until all combined.
3. Transfer the mixture to your muffin form, I used a silicone form which makes it really easy to get thaaaat perfect brownie shape and makes it also easy to remove them later.
4. Bake for 22-25 minutes and let them fully cool down before removing them from the form. SO GOOOD and carob powder is caffeine-free but tastes just like cacao powder - perfect for our little ones!



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Avocado Choco Pudding

Ingredients

1 large ripe banana
1 ripe avocado
1/3 cup almond milk
2 tbsp carob powder

Directions

1. Add all ingredients to a high-speed blender and blend until smooth.
2. The quickest and healthiest choco pudding that's high in healthy fats AND tastes like dessert!

Banana Pancakes

An easy way of making bananas more nutritious

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Ready in

15 MINS

Ingredients

1/2 cup oat flour
1/4 cup almond milk
1/2 tsp vanilla extract

1-2 ripe bananas, sliced

CARAMEL
5 medjool dates
1/2 cup water
1 tbsp peanut butter

Directions

1. Slice banana into 1-2 cm thick pieces.
2. Mix oat flour, almond milk and vanilla.
3. Dip each banana piece into the dough mixture and add to a non-stick pan.
4. Bake for a few minutes on each side and optionally add a sprinkle of coconut sugar.
5. Make the caramel sauce by blending dates, water, and peanut butter and serve as a dip on the side.



Strawberry Yogurt

Ingredients

75g firm tofu
1 cup strawberries
1 tbsp maple syrup (or date syrup)
1/4 - 1/2 cup water

Directions

1. Add all ingredients to a small blender and blend until smooth. Such an easy way to add tofu to your little one's diet! You can also serve it as a smoothie as it can be quite messy to eat with a spoon haha!

Banana Bread

Bars



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Banana Bread Bars

Ingredients

3 mini bananas
1 cup oats
1,5 tbsp almond butter
2 medjool dates
1 tsp vanilla extract
1/4 -1/2 cup water

TOPPING
1 banana, sliced

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add all ingredients into a small blender and blend until smooth. Pour the mixture into your silicone bar forms, top with a few banana pieces and bake for 25 minutes.
3. Let them cool down before removing them from the silicone form and they're readyyyy to enjoy! Love these for a snack on the go as well because it's not gonna be super messy haha!

Baby Approved
Energy Balls

@Carolinedeisler





Chocolate Balls

Ingredients

7 large medjool dates, pitted
1-2 tbsp carob powder
1 tbsp almond or hazelnut butter

Directions

1. Add dates to a food processor and blend until you have a sticky date paste, add in almond or hazelnut butter, and the carob powder and pulse again until well combined.

2. Form energy balls with slightly wet hands and they're readyyyyy! I love making a double or triple portion so we all have a healthy snack on hand for a few days, although they are usually gone within a day haha!

Meal Idea



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Almond Coconut Balls

Ingredients

1/2 cup ground almonds
1 tbsp white almond butter
3 medjool dates

1/2 cup shredded coconut

Directions

1. Add dates to a food processor and blend until you have a sticky date paste, add in ground almonds and almond butter and pulse again.

2. Form little balls with slightly wet hands and roll them in shredded coconut. A super easy, delicious, and healthyyyy snack for your little ones!



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Mango Bliss Balls

Ingredients

1 cup fresh ripe mango
1 cup oats (use oat flour for babies under 1)
1/2 cup desiccated coconut
2 large medjool dates
Juice of 1/2 lemon

TOPPING
More desiccated coconut

Directions

1. Add ripe mango, oats, dates, coconut, and lemon juice to a food processor and blend until well combined. (You can also substitute the coconut with almond meal in case of a coconut allergy).

2. Form balls with your hands, roll them into more shredded coconut and your yummy mango bliss balls are readddy. These are one of my favourites as well heheh and always gone within minutes!



Blueberry Bliss Balls

Ingredients

4 medjool dates
1/2 cup oats
1/2 cup shredded coconut
1/2 cup blueberries
1 tbsp hemp seeds
1 tsp freeze dried blueberry powder or spirulina

Directions

1. Add oats, dates, coconut, blueberries, hemp seeds, and spirulina or freeze-dried blueberry powder to a food processor and pulse until well combined.

2. Add in dates and pulse again until you have a sticky mixture.

3. Form balls with your hands, roll them into more shredded coconut and they're readyyyyy to enjoy!! I LOOOOVE these and always make some for myself as well.

Meal Idea



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Raspberry Bliss Balls

Ingredients

5 medjool dates, pitted

150g fresh raspberries
1/2 cup desiccated coconut
1/2 cup oats
1/2 cup freeze-dried raspberries
1 tsp vanilla extract

Directions

1. Add dates to a food processor and pulse until you have a date paste.
2. Add in raspberries, desiccated coconut, oats, freeze-dried raspberries, and vanilla, and pulse again until well combined.
3. Form balls with your hands, roll in more coconut and enjoyyyyyy!!! These are absolutely delicious and such a lovely snack!



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Super Seed Energy Balls

Ingredients

2 tbsp pumpkin seeds
1 tbsp sesame seeds
1 tbsp flaxseed
1 tbsp hemp seeds

4 dried apricots, soaked
3 medjool dates, soaked

Directions

1. Add all seeds to a food processor and pulse until finely ground. Add the seed mixture to a little bowl.

2. Add dates and dried apricots to the food processor and pulse until you have a sticky paste. Mix the paste into the seed mixture and form little balls.

   The perfect iron-boosting snack for your baby and toddler (and the whole family)!



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Carrot Cake Balls

Ingredients

6 medjool dates
2 carrots, grated
1/2 cup desiccated coconut

Directions

1. Add dates to a food processor and pulse until you have a paste-ish texture.
2. Add in grated carrots and coconut and pulse again.
3. Form little balls with slightly wet hands and your delicious carrot cake balls are readyyy! These are everyone's favourite in our house!

Apple Pie Shake

An amazing vitamin boosting smoothie for every day!

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Ready in

5 MINS

Ingredients

2 small apples
1 cup almond milk
1 tsp vanilla extract
2 dried apricots (or medjool dates)
1/4 cup oats
2 frozen bananas

Directions

1. Add all ingredients to a high speed blender and blend until creamyyyy.

I looooove how this smoothie is both so delicious AND nutritious! A great way to feed apples to your babies as serving apples in slices can be a choking hazard.



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Millet Porridge

Ingredients

1/4 cup millet flakes
1/2 cup hot water

CREAM
3 medjool dates
1 small banana
5 cashew nuts
1/2 cup water

Directions

1. Mix millet flakes and hot water and let them soak for a few minutes until creamy.

2. Add all cream ingredients to a high-speed blender and blend until smoooth.

3. Mix the cream into your millet bowl, top with hemp seeds and banana or blueberry pieces and your little ones' breakfast or snack is readddy!



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Berries & Cream

Ingredients

1 cup seasonal berries

1 cup coconut yogurt
1 ripe banana

A sprinkle of hemp seeds

Directions

1. Add coconut yogurt and banana to a blender and blend until creamy.
2. Mix the coconut cream into your berries and top with a sprinkle of hemp seeds.
3. Such a lovely way to add some healthy fats to berries! Hailey looooves this one.



Iron Boosting Lentil Buns

Ingredients

1 cup red lentils (soaked & rinsed)
4 tbsp water
5 tbsp ground flaxseeds
1/2 tsp baking powder
1 tbsp apple cider vinegar

Directions

1. Soak lentils in water overnight or for at least 3 hours. Rinse soaked lentils and add to a food processor together with 4 tbsp of water and pulse until smooooth.
2. Add in the ground flaxseeds, baking powder, apple cider vinegar and mix well.
3. Set aside for 10 minutes to allow the dough to firm up a bit and preheat the oven to 180 degrees Celsius.
4. Shape little buns with your hands and bake on a tray lined with parchment paper for 25 minutes. Such an easy, mess-free (haha) iron and protein boost for any meal!



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Tofu Bites

Ingredients

150g firm tofu

1-2 tbsp sesame oil

1 tbsp arrowroot powder
(or cornstarch)
1 tbsp nutritional yeast
2 tbsp millet flakes
1 tsp garlic powder (optional)

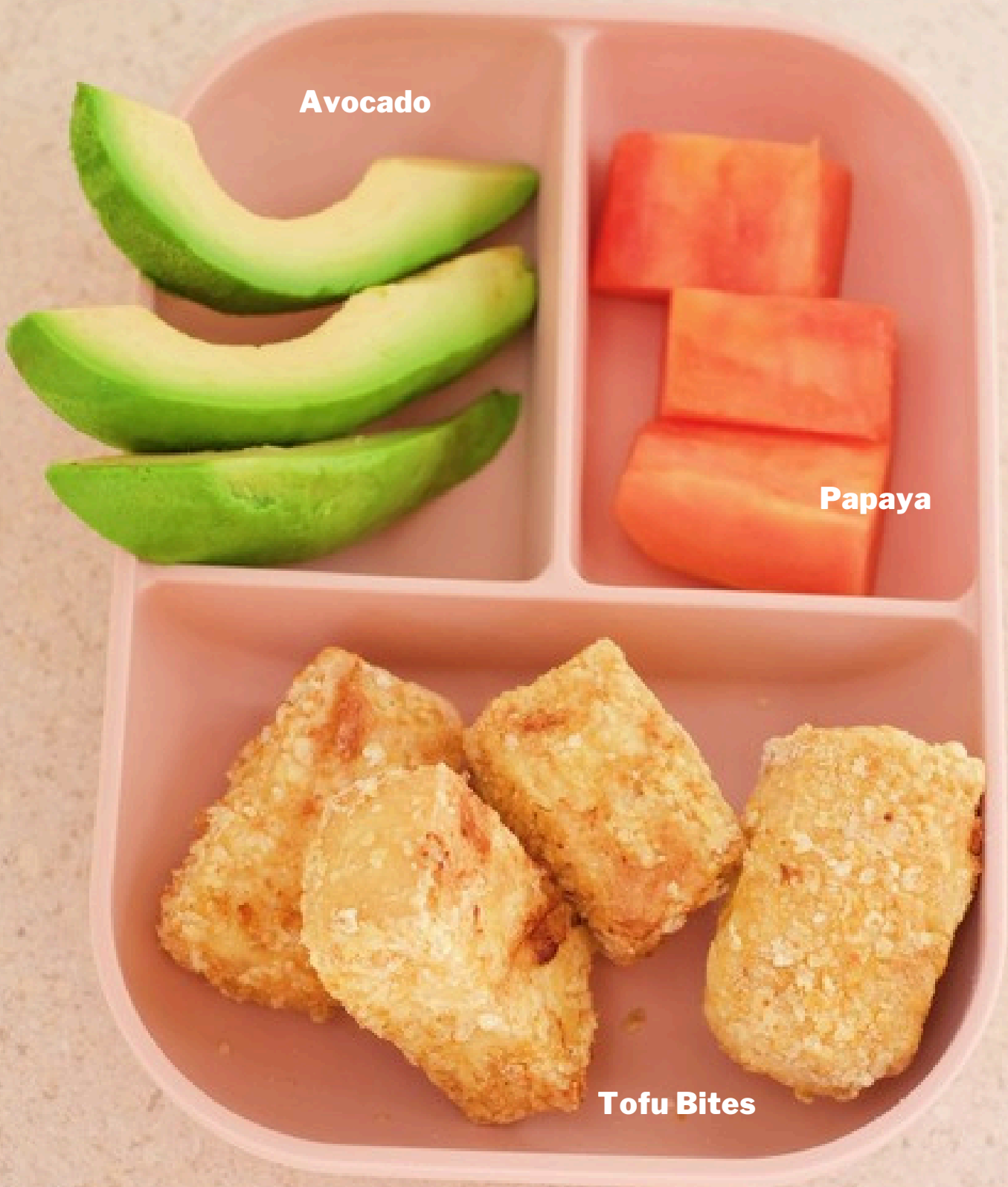
Directions

1. Dry tofu with a kitchen towel to squeeze out any extra liquid. I like to use an organic, fresh, locally made tofu and find the quality differences are huge. It's worth buying a really good one with no additives. Cut the tofu into squares or rectangles.

2. Marinate the tofu in sesame oil and then dip into your "flour" mixture.

3. Air fry for 15 minutes at 180 degrees Celsius and your super delicious tofu bites are readyyy!! Make sure to let them cool down first as the inside can be quite hot. Such an amazing protein and calcium source!

Meal Idea



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Iron Boosting Hummus

Ingredients

1 cup butter beans, cooked
1/2 cup beetroot, baked
1 tbsp tahini
1 medjool date
Juice of 1 lemon
1/2 cup water

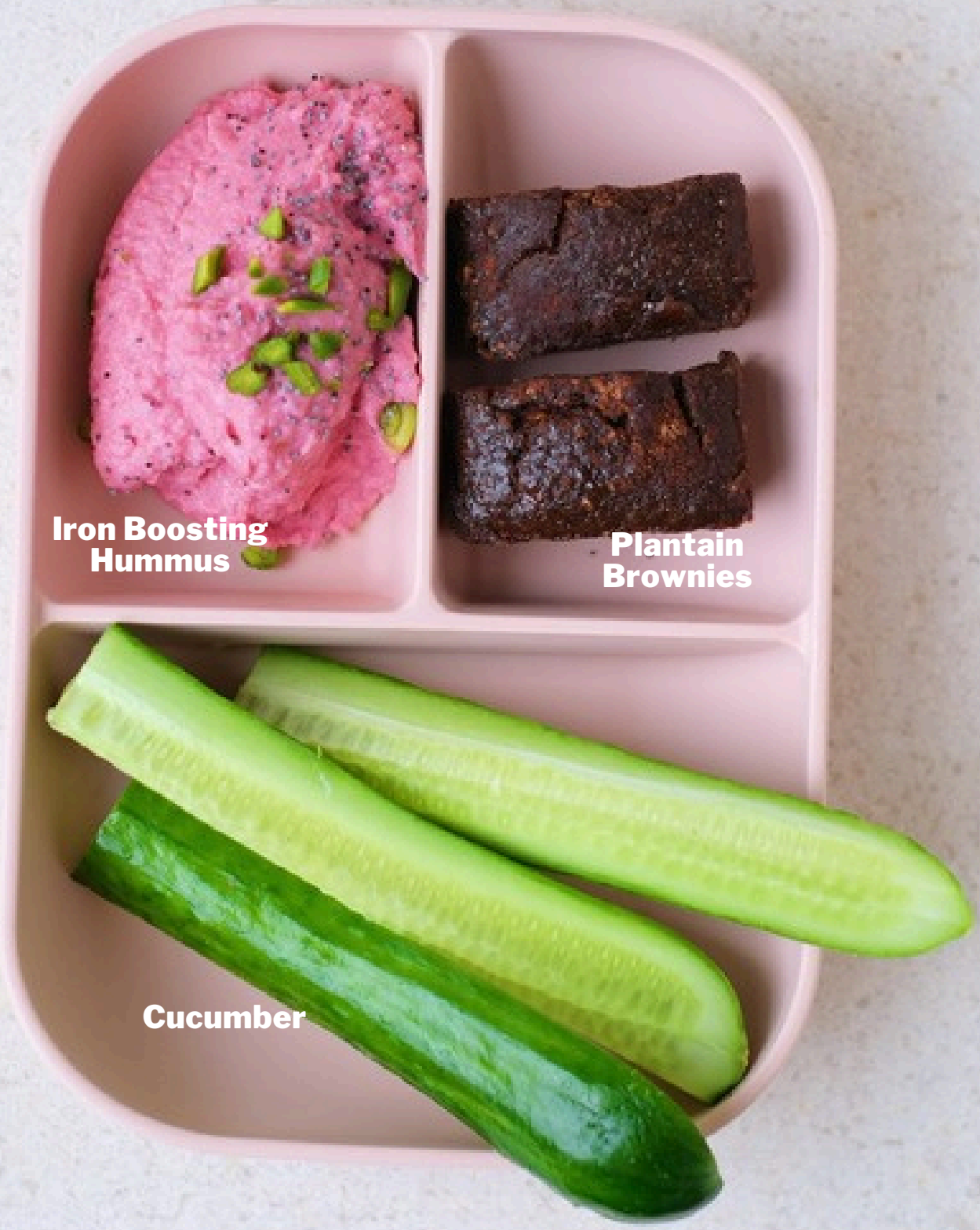
Directions

1. Add all ingredients to a food processor and blend until smooth.

2. Such an easy and delicious way to pack more high-protein and high-iron foods into your baby's diet. I love serving it as a dip fresh with cucumber slices or potato wedges.

Meal Idea

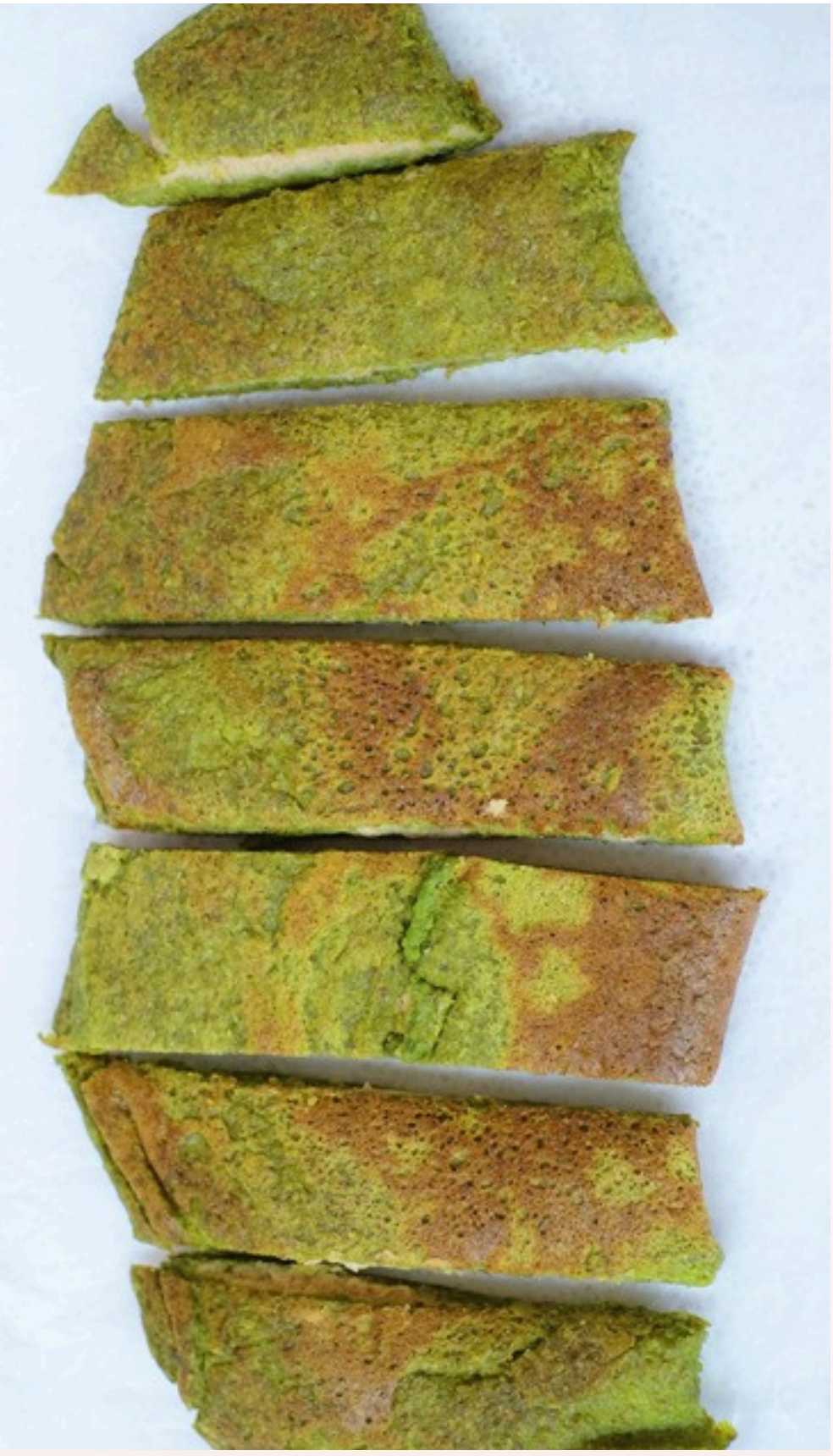
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Spinach Quesadilla

Iron boosting Spinach Wraps for your little one

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Ready in

20 mins

Ingredients

1/2 cup oat flour
1/2 cup almond milk
1 large banana
Handful fresh spinach
1 tbsp flaxseeds
1 tbsp hemp seeds

Coconut or olive oil for frying

FILLING
3 tbsp hummus

Steps

1. Add oat flour, almond milk, banana, spinach, flaxseeds and hemp seeds to a small blender and blend until smooth.
2. Add the mixture to a non-stick pan with 1 tsp of coconut oil and fry for a few minutes before carefully flipping it over to fry it on the other side.
3. Add a generous layer of hummus, fold it closed and cut your delicious spinach quesadilla in strips.
4. I love how soft and spongy the texture is, perfect for 6 month+ babies and all toddlers as an amazing iron source!!



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Apple Fritters

Ingredients

1/2 cup buckwheat flour
1/2 cup water
1 tbsp raisins
1 tsp vanilla extract
1 tbsp flaxseeds

2 small apples, grated
1 tbsp coconut oil

Directions

1. Add buckwheat flour, water, raisins, vanilla, and flaxseeds to a blender and blend until smooth.
2. Transfer the mixture to a bowl, add in grated apples, and mix well.
3. Add a bit of coconut oil to a non-stick pan and spoon out the mixture forming little fritters. Fry on each side for a couple of minutes until golden and crisp.
4. They remind me of the apple pancakes we used to eat as a child but these are much healthier and a great protein source. You can also swap the raisins for 2 medjool dates.

Baby **Pasta** ***RECIPES***



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Mac'n Cheese

Ingredients

GF chickpea Pasta (I love using chickpea pasta for extra iron)

1 large potato
1 carrot
1 tbsp nutritional yeast (I use one with added B12)
1/2 -1/4 cup cooking water
1/4 cup cashews

Directions

1. Peel and chop the potato and carrot and steam or cook for 20 minutes until soft. Soak cashews in water.
2. Cook the pasta according to the package instructions.
3. Rinse cashews and add to a blender with the potato, carrot, nutritional yeast, and some pasta cooking water. Blend it all up and the creamiest cheese sauce is readyyy!
4. Mix that into the pasta and let your little ones enjoy! I love adding our vegan parmesan or iron sprinkles here as well!

Meal Idea



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Green Pea Orzo

Ingredients

50g dry orzo

SAUCE
1/2 cup green peas, defrosted
1/2 cup cashews, soaked
1/2 bunch fresh chives
1 tbsp nutritional yeast (with added vitamin B12)
Juice of 1 lemon
1/4 cup water

Directions

1. Cook the orzo according to the package instructions.
2. Add all sauce ingredients to a high-speed blender and blend until creamyyyy.
3. Mix the cream into the orzo and your little ones' lunch or dinner is readyyy! Love how nutritious and delicious this one is! A great source of protein and healthy fats.



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Red Pepper Pasta

Ingredients

50g red lentil pasta (great for an extra protein and iron boost!)

1 red bell pepper
1/3 cup cashews
2 walnut halves
1 tbsp nutritional yeast
1/4 cup water

Directions

1. Cook pasta according to the package instructions and soak cashews in water.
2. Add all sauce ingredients to a blender and blend until smooth.
3. Mix the sauce into the pasta and top with a sprinkle of hemp seeds or our iron sprinkles for an extra iron boost.

B12 rich Vegan *Parmesan*



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Vegan Parmesan

Ingredients

2 tbsp nutritional yeast
1 tbsp cashews

Directions

1. Add cashews to a blender and blend until powdery, add in nutritional yeast and give it one more blend.
2. Feel free to make a larger portion and store it in an airtight jar for 1-2 weeks. I personally use nutritional yeast with added B12 for an extra nutrient boost.



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Baby Carbonara

Ingredients

50g GF buckwheat Pasta (great for an extra protein boost)

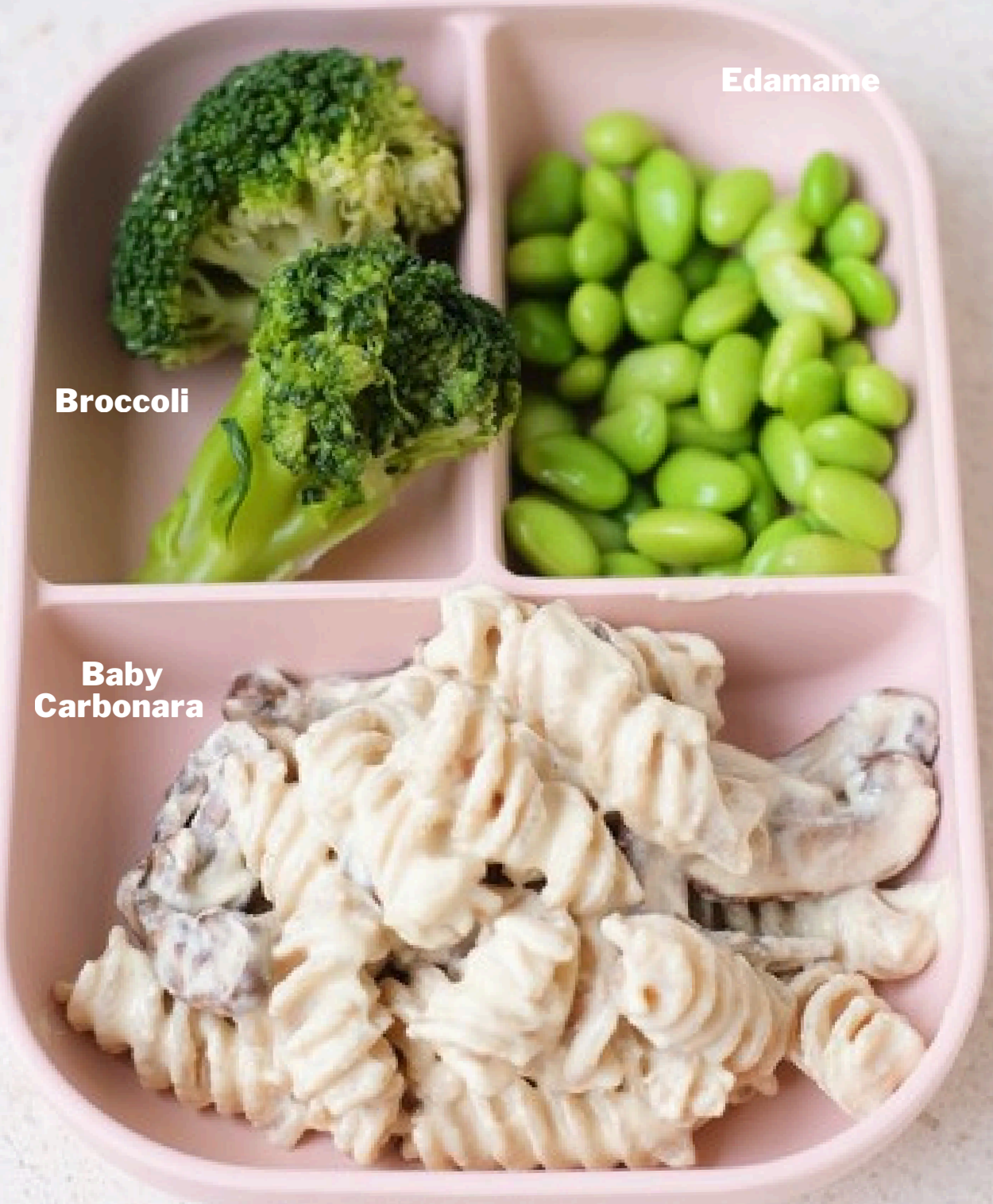
3 mushrooms, finely sliced
2 tbsp edamame beans, cut in half

CREAM
1/2 cup soaked cashews
1/2 cup water
1 tbsp nutritional yeast

Directions

1. Cook pasta according to the package instructions.
2. In a non-stick pan, sautée mushrooms (from 12 months+).
3. For the cream, blend cashews, water, and nutritional yeast. Mix the cream into the pasta, top with mushrooms and optionally edamame beans (from 12 months+).
4. Steamed broccoli is also an amazing veggie add-on here!! Hailey looooves this pasta!

Meal Idea



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Pink Beetroot Pasta

Ingredients

50g spelt fusilli

SAUCE
1/2 cup cooked beetroot
1/2 cup cashews, soaked
1/4 cup almond milk
Juice of 1/2 lemon

Directions

1. Cook pasta according to the package instructions.
2. Add beetroot, cashews, and almond milk to a high-speed blender and blend until creamyyy!
3. Mix the sauce into the pasta and your super pretty, delicious and veryyy nutritious pasta is readyyy!!
4. Top with our vegan parmesan, iron sprinkles or some ground pistachios.



Broccoli Pasta

Ingredients

50g spelt fusili
1 tsp olive oil

SAUCE
1 cup broccoli florets, steamed
1/4 cup cashews, soaked
1 tbsp nutritional yeast
1/2 cup almond milk

Directions

1. Cook pasta according to the package instructions. I love using spelt fusilli as it holds up well and is easy to pick up. Once the pasta is cooked and drained, mix in a tsp of olive oil.

2. To make the sauce, blend all ingredients until smooth and mix into the pasta. Your little one's lunch or dinner is readyyy!


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Stuffed Pasta Shells

Ingredients

8 large pasta shells

SAUCE
75g firm tofu
1 tbsp nutritional yeast
1/2 cup edamame beans, cooked (or green peas)
1/4 cup cashews
Juice of 1 lemon
1/4 cup water

Directions

1. Cook the pasta according to the package instructions and let it cool down.
2. Add all sauce ingredients to a high-speed blender and blend until smooth.
3. Spoon the mixture into pasta shells or use it as a sauce for any pasta variety. It's hard to make a smaller portion of this sauce as the blender can't quite blend it so you can totally use this for the next day too.



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Easy Lasagna

Ingredients

GF LASAGNA SHEETS

RED BELL PEPPER SAUCE
1 cup red bell pepper, chopped
1.5 cups butter beans, rinsed
1 heaping tbsp tahini
Juice of 1 lemon
1 tbsp nutritional yeast
1/4- 1/2 cup water

CHEESE
1/2 cup sunflower seeds
3 Brazil nuts
1/2 cup water

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add all sauce ingredients into a small blender and blend until smooth.
3. Layer your lasagna: noodle sheets, sauce, noodle sheets, sauce, noodle sheets.
4. Make the cheese by blending sunflower seeds, Brazil nuts, and water (ideally they have been soaking for a little while). Add the cheese layer to your lasagna, cover the baking form with parchment paper or aluminium foil and bake it for 35 minutes. I love that this takes no more than 10 mins to prep and it's high in iron, protein, and healthy fats! WIN WIN WIN!

Polenta Broccoli Muffins

A healthy savoury toddler snack or side dish!

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Ready in
35 mins

Ingredients

1 cup polenta (cornmeal)
1/2 cup quinoa flour
1 tsp baking powder
1 tbsp nutritional yeast
2 tbsp ground flaxseeds
3 tbsp olive oil
1 cup almond milk

1 cup broccoli florets, steamed and finely chopped
1 small bunch chives, chopped (optional)

Directions

1. Add all dry ingredients to a bowl, mix in olive oil and almond milk and stir well.
2. Add in chopped steamed broccoli and optionally fresh herbs and combine well.
3. Spoon the mixture into your mini muffin silicone forms. You either get 16 mini muffins or 4 regular sized muffins. I find the mini ones are the perfect toddler size and so cute hehe!
4. Bake for 20 minutes at 180 degrees Celsius and let them cool down afterwards.



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Easy Dim Sum

Ingredients

1/2 cup rice, cooked
1/2 cup broccoli florets, steamed
1/2 cup green peas
1 tbsp sesame oil

3 -4 brown rice papers

Directions

1. Add sesame oil to a non-stick pan with rice, broccoli, and green peas. Let it fry for a few minutes and mix well.

2. Hold the rice paper under warm water for a few seconds until soft and place on plate. Add in the rice mixture and fold your rice paper together.

3. Air fry for 10-15 minutes at 180 degrees and readyyy are your delicious dim sum pouches! Serve from 12 months+.

Meal Idea



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Pea Guacamole

Ingredients

1/2 cup green peas, defrosted
Handful fresh spinach
1/4 cup cashews, soaked
Juice of 1 lemon
1/4 cup water
1 ripe avocado

Directions

1. Add all ingredients to a small blender and blend until creamyyyyy.
2. Love this powerhouse dip for potatoes, avocados, as a spread on toast or as a pasta sauce.



Iron Boosting Hummus

Ingredients

1.5 cups cooked chickpeas, rinsed
3 tbsp tahini
1/2 cup water
Juice of 1 lemon

Directions

1. Add all ingredients to a food processor and pulse until creamyyy.
2. Serve plain or top with a tablespoon of our iron sprinkles.

I give Hailey this hummus with everyyything! As a dip with cucumber sticks, steamed broccoli, or on a spoon. Hummus is a great iron-boosting food and especially good when combined with a vitamin C-rich food like broccoli!



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Quinoa Broccoli Fritters

Ingredients

1 cup broccoli, steamed & finely chopped
1/2 cup quinoa, cooked
Juice of 1/2 lemon
1 tbsp nutritional yeast
3 tbsp oat flour

Olive or coconut oil for frying

Directions

1. Mix all ingredients together well and form little patties with your hands.

2. Fry in a non-stick pan with a bit of olive or coconut oil for a few minutes on each side.

I love making these with leftover steamed broccoli from the day before and usually have cooked quinoa ready to use in the fridge so this only takes a few minutes to put together. A great protein and iron-boosting lunch, dinner, or snack! Serve these with fresh hummus, avocado, strawberries, or papaya for an extra vitamin C boost to help the iron absorption.

Meal Idea

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THANK YOU!

A big thank you to everyone who purchased this ebook. I hope it inspired you on your baby-led weaning journey and helps you to nourish your baby with vibrant living foods and optimal nutrition. I can't wait to read your feedback and see all your delicious baby food meals! Sending you a biiiig hug and all the love from Hailey! :-)

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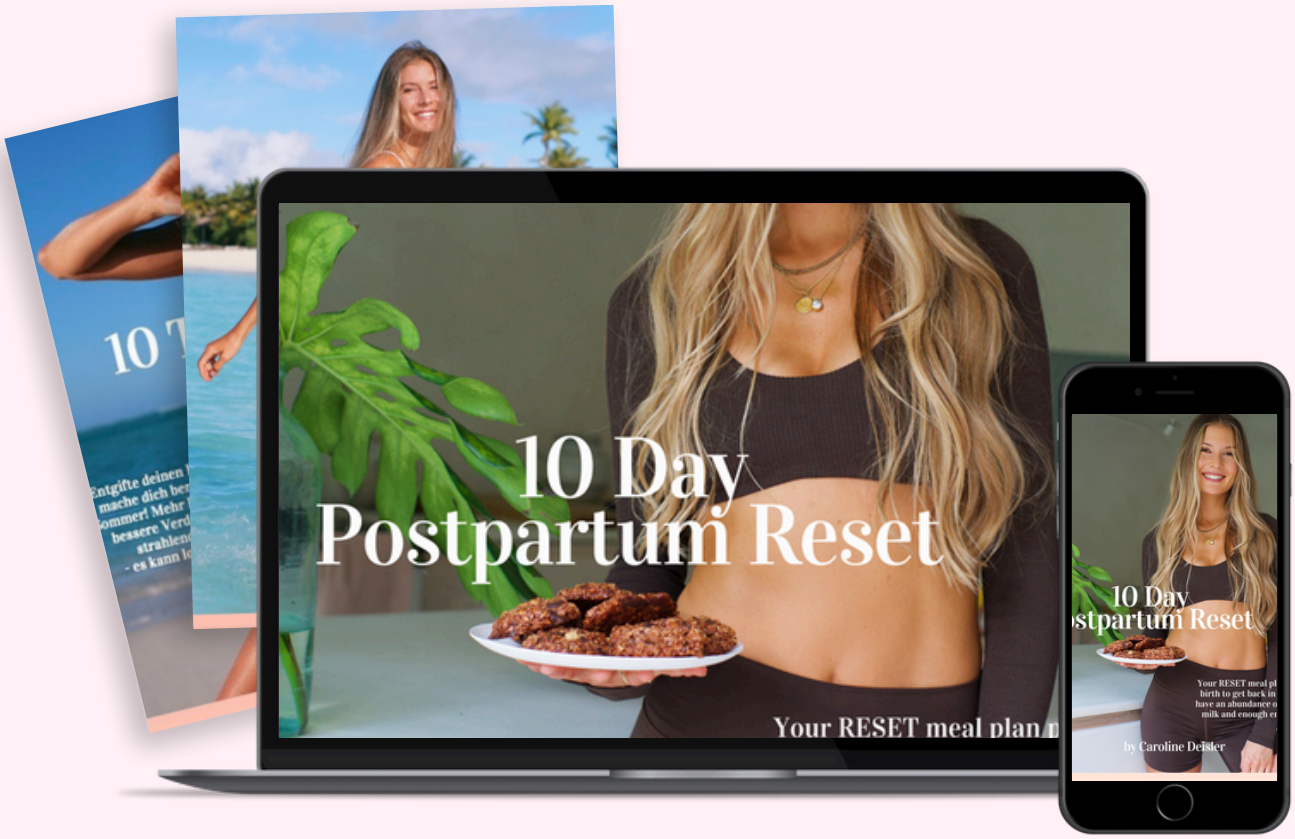
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