



YOGHURT

# From Starting Solids to Cooking for the Whole Family



VicHealth

## Acknowledgement of Country

Melton City Council acknowledges the Kulin Nations as the Traditional Owners and custodians of this land and pays respect to their Elders past and present.



For more information, visit:

Scan the QR code or visit [melton.vic.gov.au/startingsolids](https://melton.vic.gov.au/startingsolids) to access this guide in Arabic, Burmese, Swahili, Punjabi and Vietnamese.



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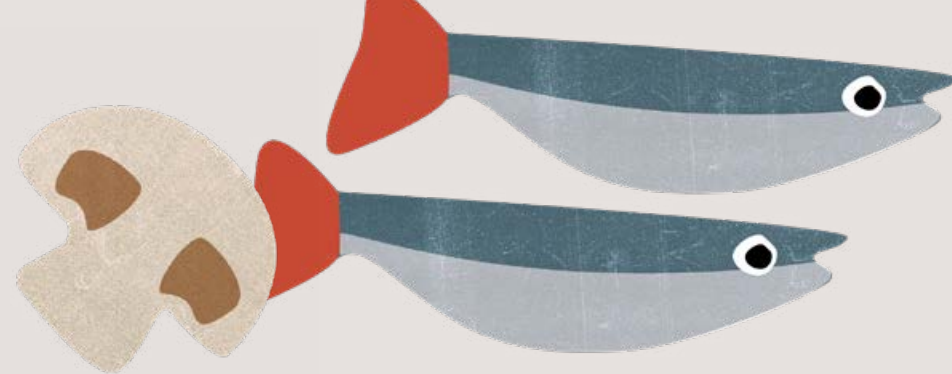
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This guide was made with help from the City of Melton community. A special thanks to these residents for their recipes:

- |                                  |                                      |                                    |
|----------------------------------|--------------------------------------|------------------------------------|
| → <b>Danira,</b><br>Strathtulloh | → <b>Jenny,</b><br>Deanside          | → <b>Colin,</b><br>Aintree         |
| → <b>Annabel,</b><br>Melton      | → <b>Julia,</b><br>Hillside          | → <b>Brooke,</b><br>Thornhill Park |
| → <b>Ev,</b><br>Eynesbury        | → <b>Janine,</b><br>Caroline Springs |                                    |

- V** Vegan
- VG** Vegetarian
- GF** Gluten Free



Melton City Council also thanks the parents and carers from INFANT sessions and playgroups who helped shape this guide.

This guide helps you introduce your baby to solids and cook family meals everyone can eat. There are many types of foods and drinks in this guide, but it might not cover everything you and your family eat daily.

Please use this book as a guide only and contact your local Maternal and Child Health service, a doctor or the Maternal and Child Health Line (13 22 29) if you are worried.

Information in this book is correct at the time of printing (2025).

The information in this book matches the Royal Children's Hospital, the Raising Children Network and the National Allergy Council guidelines. It has been reviewed by Western Health Paediatric Dietitians, Melton City Council Maternal and Child Health Nurses and the City of Melton community.

This project has been funded by VicHealth through the VicHealth Local Government Partnership.

In this book, we use the word "breastfeeding" to talk about feeding a baby milk from someone's body. But we know that some people use other words, like chest feeding, human milk feeding, feeding from the body, nursing, suckling or any other words that feel right for them, their body and their baby.

If you would like more information about chest feeding, please scan the QR code below.



**For more information, visit:**

Breastfeeding, chest feeding and human milk feeding:  
Supporting LGBTQIA+ Families



## When is my baby ready for food?

At around 6 months, breast milk or formula alone isn't enough for your baby. It's time to start giving them solid foods while still breastfeeding or using formula. Your baby needs iron-rich foods to grow and learn because their iron stores are low at this age.

### Signs your baby is ready for food:

- hold their head up and have good head control
- sit with support



- keep food in their mouth and swallow it



- open their mouth as food comes near



- start to look at your food and reach for it



For more information, visit:

Introducing solids: why, when, what & how | Raising Children Network



## How do I know if my baby is hungry or full?

Your baby knows how much food their body needs to grow, learn and play. It is important to trust your baby and follow their hunger and fullness signs.

### Signs your baby is hungry:

- open their mouth and lean towards food as it comes near
- become excited by food
- point at foods



### Signs your baby is full:

- turn their head away as food comes near
- seal their lips together



- push food away



For more information, visit:

Introducing solids: why, when, what & how | Raising Children Network



# What foods should I give my baby?

Every food has a different job in our body, so it is important to give your baby many types of foods. This helps them grow, learn and play.



# What foods should I start with?

Start feeding your baby cooked, smooth-mashed food with a spoon once a day. They might only want 1-2 teaspoons at first. You can give smooth-mashed food or soft pieces (like baby-led feeding) – you can choose.

Begin with 1 meal a day **AFTER** breastfeeding or formula. You can increase to 2 meals a day once your baby is eating 2-3 tablespoons in the first meal.

**First foods must be high in iron** because your baby needs more iron than breastmilk or formula can give them at this age.



You can start giving your baby cooled, boiled tap water in a cup to help them practise drinking from a cup instead of a bottle.

### TIP

If you don't have a blender, push the cooked food through a sieve with a spoon.



### TIP

Add breast milk or formula to the food to make it smooth-mashed.

### TIP

You don't need to try just one food at a time unless it's a common allergy-causing food (see page 28). Mix different foods together!

### TIP

Your baby's food doesn't need to be bland. Add flavours with herbs, spices or lemon.



Non-vegetarian foods high in iron:

beef



lamb



pork



chicken



kangaroo



salmon



sardines



tuna



liver



eggs



Vegetarian foods high in iron:

tofu



iron-enriched cereal



legumes (lentils, soybeans, chickpeas, kidney beans, cannellini beans)



green leafy vegetables (spinach, kale, bok choy)



# What foods can I offer from 6-8 months?

After 1-2 weeks of smooth-mashed foods, you can start giving your baby a mix of soft, mashed and lumpy foods **AFTER** breastfeeding or formula.

This helps them learn to bite and chew, even without teeth. You can increase to 2 meals a day if your baby is hungry. To check if a food is soft enough, it should easily squash between your thumb and finger.

You can give your baby small amounts of full-fat cow's milk on cereal, yoghurt or in mashed vegetables. **DO NOT** give cow's milk as a drink before they are 12 months old.



## Examples of mashed or soft foods to offer between 6 and 8 months:



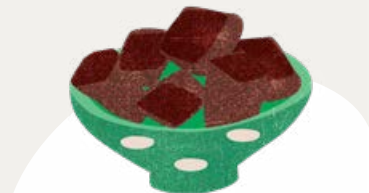
Cooked vegetables  
(pumpkin, carrot, zucchini, potato, sweet potato, broccoli, cauliflower, green beans, mushrooms, peas)



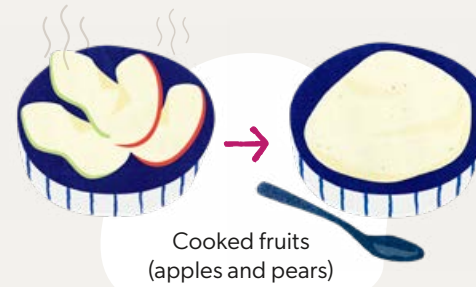
Cooked porridge  
with oats, semolina or bulgar wheat



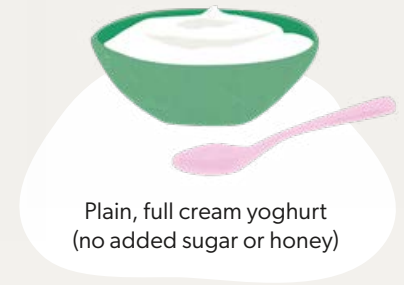
Cooked, boneless fish  
(salmon, tuna, sardines)



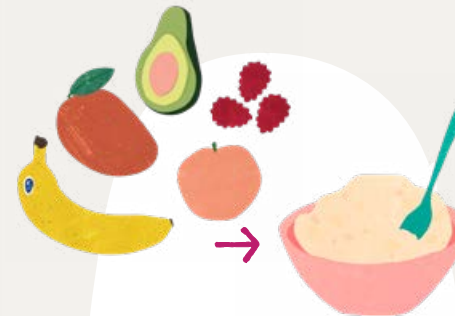
Cooked, boneless meat  
(beef, lamb, pork, chicken, goat, turkey)



Cooked fruits  
(apples and pears)



Plain, full cream yoghurt  
(no added sugar or honey)



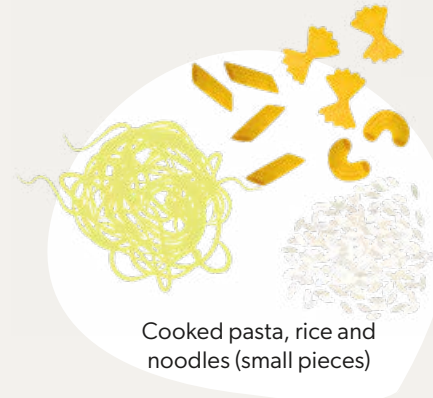
Soft, mashed fruits  
(ripe banana, avocado, mango, peaches, raspberries)



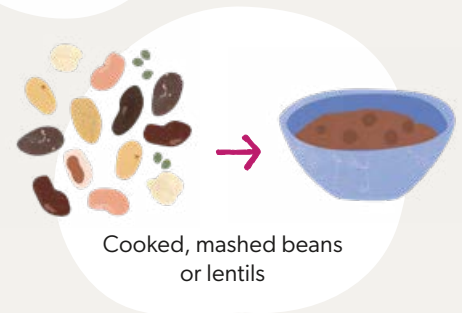
Scrambled eggs  
(well-cooked)



Cooked,  
mashed tofu



Cooked pasta, rice and  
noodles (small pieces)



Cooked, mashed beans  
or lentils



For more information, visit:  
A parent's guide to eating for under 5s



# What foods can I offer from 8 months?

You can now give food **FIRST** before breast milk or a formula feed. Aim for 3 meals a day now that your baby is 8 months old.

Start finger foods when your baby can sit up. Finger foods help with self-feeding. Load a spoon with food and let your baby practice spoon feeding.

Slowly change food textures from mashed to minced to chopped as your baby grows. This helps them learn to bite and chew, even without teeth.

Remember:

- Always watch your child when they eat.
- Lightly steam hard fruit and vegetables to make them safe to eat.
- Keep giving your baby different tastes and textures from family meals, just slightly mashed or cut into small pieces (take out your baby's food before adding salt or sugar).

## Examples of finger foods to give your baby:



Shredded, cooked chicken  
(no skin or bones)



Slices of banana (rolled in coconut  
to help your baby hold it)



Lamb cutlet bone with small  
piece of meat attached



Steamed broccoli



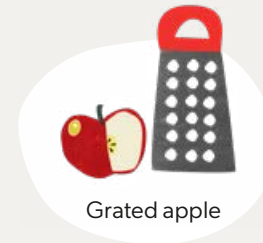
Strawberries  
cut into pieces



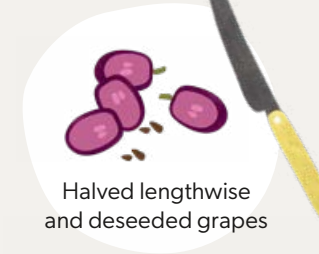
Pineapple  
slices



Sliced avocado  
(rolled in coconut to help your  
baby hold it)



Grated apple



Halved lengthwise  
and deseeded grapes



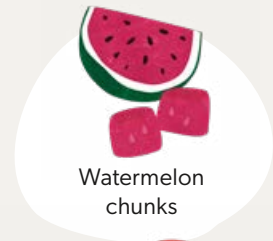
Squashed  
blueberries



Steamed  
carrot sticks



Cubes of cooked  
paneer



Watermelon  
chunks



Cucumber sticks  
(peeled)



Canned or cooked  
peaches (no added  
sugar)



Cheese sticks or  
grated cheese



Sandwich strips



Strips of roti  
or chapatti



Soft, fluffy idli  
ripped into pieces



For more information, visit:  
A parent's guide to eating for under 5s



# What foods can I offer from 12 months?

By 12 months, most children will be eating the same food as the family, if it is **low in sugar and salt**. Encourage self-feeding with fingers or toddler cutlery.

Offer your baby up to 1 – 1.5 serves of dairy a day. This helps bones and teeth become strong.

One serve of dairy is:



A small tub of plain yoghurt (200gm)



2 slices of cheese

They can drink full cream cow's milk but **no more than 500ml per day**. This helps them have room for other foods. If your baby drinks formula, you can change to full cream cow's milk instead of toddler milk.



Offer tap water in an open cup to keep their teeth healthy and strong.



Start giving 2-3 healthy snacks if your baby is hungry.

One serve of dairy is:



A small cup of full cream cow's milk (250mls)



1/2 cup ricotta cheese



For more information, visit:

Dietary guidelines & food groups 1-2 years | Raising Children Network



# Sample menu 1

## for a 12-month-old baby

### Breakfast:



Oat porridge made with whole, cow's milk



Half a banana (sliced)



Breastfeed or small cup of milk

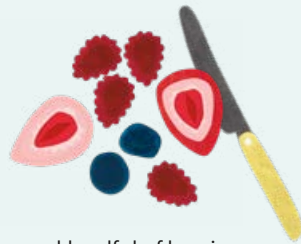


Drink of tap water from a cup

### Morning snack:



Whole meal crackers with full fat cheese



Handful of berries (cut in pieces to prevent choking)



Drink of tap water from a cup

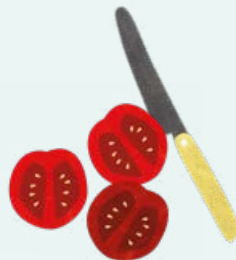
### Lunch:



Sandwich made with whole meal bread, tuna and cheese



Carrot sticks (slightly or well-cooked to prevent choking)



Cherry tomatoes (cut in half lengthways to prevent choking)



Drink of tap water from a cup

### Afternoon snack:



Plain, unsweetened yoghurt



Pikelet with thin layer of nut butter



Drink of tap water from a cup

### Dinner:



Tofu cubes with steamed rice



Mushrooms (slightly or well-cooked to prevent choking)



Bok choy (slightly or well-cooked to prevent choking)



Edamame (mashed)



Drink of tap water from a cup

### Evening snack:



Breastfeed or cup of milk

A 12-month-old baby eats about ¼ to ½ of what an adult eats. But you should follow your baby's signs of hunger.

Here are examples of what your 12-month-old's food and drink **COULD** look like in a day to **GUIDE** you. There are many ways to feed your baby to help them grow, learn and play.

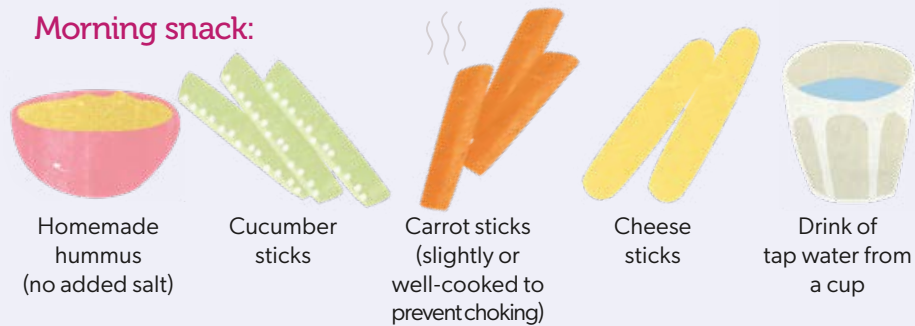
# Sample menu 2

for a 12-month-old baby

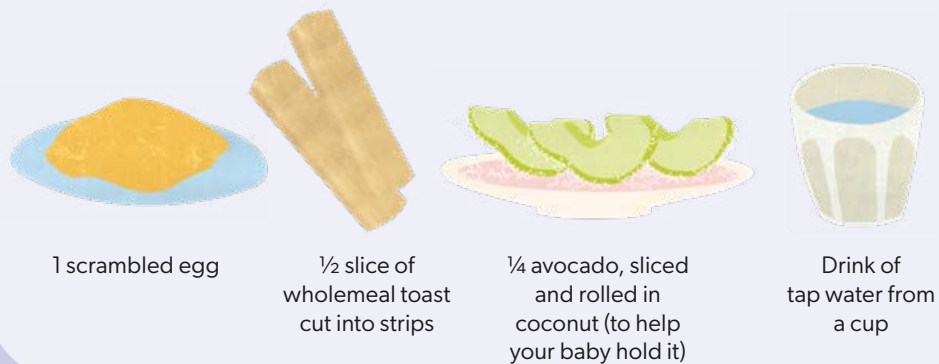
## Breakfast:



## Morning snack:



## Lunch:



## Afternoon snack:



## Dinner:



## Evening snack:



# How much food should I give my baby?

Your baby knows when they are hungry and when they are full. There isn't a set amount of food they need each day. It's important to trust your baby and watch for signs that they are hungry or full (see page 5).

## 6 months

Start with 1-2 teaspoons of smooth-mashed food. Your baby's tummy is small and fills up quickly.



## From 6 to 12 months

Slowly give your baby more food, depending on how hungry or full they seem. By 8 months, most babies will be eating 3 meals a day.



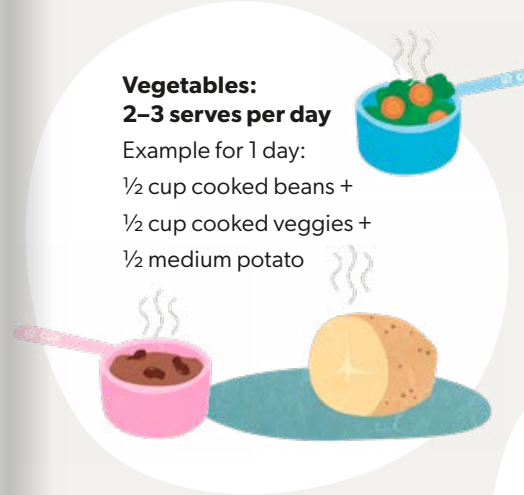
Don't make your baby eat if they show signs of being full (see page 5). Forcing your baby to eat can make them not like food and mealtimes later.

## At 12 months old

Here is a **GUIDE ONLY** for how much food to offer your 12-month-old baby each day. Your baby might eat more or less than this.

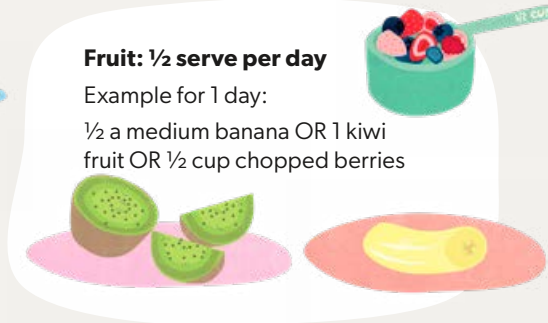
### Vegetables: 2-3 serves per day

Example for 1 day:  
½ cup cooked beans +  
½ cup cooked veggies +  
½ medium potato



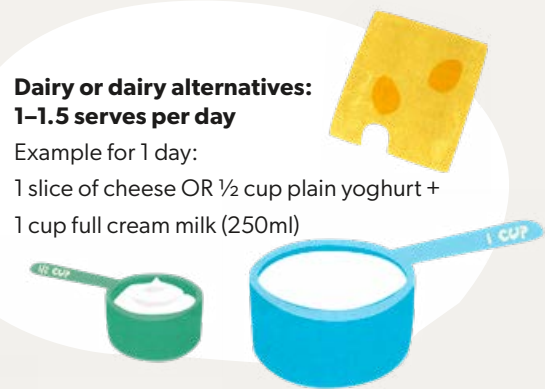
### Fruit: ½ serve per day

Example for 1 day:  
½ a medium banana OR 1 kiwi fruit OR ½ cup chopped berries



### Dairy or dairy alternatives: 1-1.5 serves per day

Example for 1 day:  
1 slice of cheese OR ½ cup plain yoghurt +  
1 cup full cream milk (250ml)



### Grain foods (like cereals): 4 serves per day

Example for 1 day:  
½ cup cooked oat porridge +  
1 slice of bread +  
½ cup cooked noodles +  
½ cup cooked rice



### Meat or meat alternatives: 1 serve

Example for 1 day:  
1 egg +  
½ small tin of tuna



Your baby might be very hungry one day and not so hungry the next. If you're worried about how much they're eating, talk to your doctor, Maternal and Child Health nurse, or call the Maternal and Child Health Line on **13 22 29**.



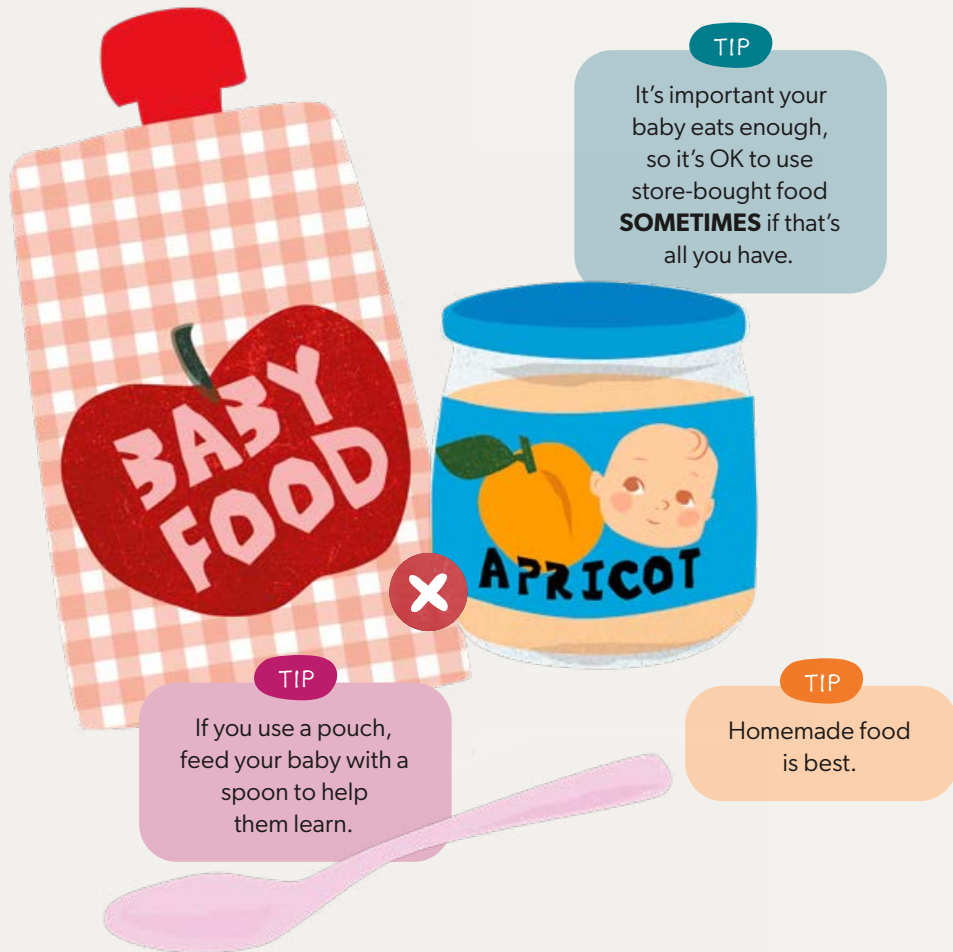
For more information, visit:

What to feed toddlers at 1-2 years | Raising Children Network



# Is store-bought food OK for my baby?

To give your baby different flavours and textures and protect their teeth, use store-bought, ready-made food only **SOMETIMES**.



# What foods should I NOT give my baby?



To avoid making your baby sick, **DO NOT** give them these foods:



Honey  
(can be given  
after 12 months  
of age)



Raw or runny  
eggs (cook until  
firm before  
offering)



Raw  
shellfish



Raw fish



Unpasteurised  
(raw) milk  
(germs have  
not been killed)



Frozen berries  
(cook and bring  
them to a boil  
before cooling  
and offering)



To protect your baby's kidneys and teeth, **DO NOT** give them these foods until they are 2 years old:



Foods with added sugar  
(lollies, chocolate,  
ice cream, sweet biscuits)



Sweet drinks  
(juice, soft drink, cordial)



Foods with added salt  
(soy sauce, stock, hot chips)



For more information, visit:

Introducing solids: why, when, what & how | Raising Children Network



# What foods should I NOT give my baby?



Other forms of SUGAR include:



honey



maple syrup



brown sugar



golden syrup



palm sugar



fruit concentrate



brown rice syrup



corn syrup



chashni



jaggery



molasses



condensed milk



You can give your baby any family food **without added salt or sugar**. Their body is too small to handle added salt or sugar.



Other forms of SALT include:

soy sauce  
(even low sodium ones)



fish sauce



fermented shrimp paste



fermented black bean paste



BBQ sauce



tomato sauce



stock



gravy



MSG



For more information, visit:  
A parent's guide to eating for under 5s



# How should I introduce common allergy-causing foods?

A food allergy is when the body reacts badly to a food or drink. Reduce the risk of allergies by giving common allergy-causing foods before 12 months.

Introduce 1 new food at a time and watch for allergic reactions. If there's no reaction, give it to your baby often (2 times a week).

All babies, even those at high risk, should try these foods in their first year.

## Signs of an allergic reaction:

- swelling of the face, lips and around the eyes
- vomiting
- watery poos
- skin rashes
- hives
- wheezing

## If your baby:

- has difficulty breathing
- is wheezing
- has a swollen tongue
- is pale or floppy

**Call an ambulance on 000.**

Allergic reactions happen quickly, within minutes or 1-2 hours after eating.

If you think your baby has a food allergy or there is a history of food allergy in your family, contact your local doctor.

## Common allergy-causing foods:



**For more information, visit:**  
How to introduce common allergy causing foods - Prevent Allergies



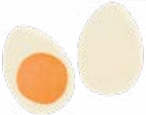
**For more information, visit:**  
How to recognise an allergic reaction - Prevent Allergies

Use this checklist of common allergy-causing foods to give your baby in their first year of life:

**Peanuts**



**Eggs**



**Dairy**

(choose from below)



cow's milk



cheese



yoghurt

**Tree nuts**

(choose from below)



almonds



Brazil nuts



cashews



hazelnuts



walnuts



pistachio nuts



pecans



pine nuts



macadamias



chestnuts

**TIP**

whole nuts are a choking hazard, use a nut paste or grind nuts into a paste

**Sesame seeds** (choose from below)



tahini



hummus



sesame oil

**Fish**

(choose from below)



salmon



tuna



sardines



cod

**Shellfish**

(choose from below)



prawns



clams



lobster



scallops



crab



mussels



oysters



squid

**Wheat**

(choose from below)



bread



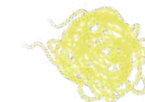
semolina



pasta



couscous



noodles



chapatti

**Soy**

(choose from below)



tofu



soybeans (edamame)



soy milk

# How do I keep my baby's teeth healthy and strong?



Baby teeth are important for eating, talking and smiling. Here are tips to keep them healthy:

**TIP**  
Avoid giving fruit juice, sweet drinks or foods high in added sugar, as they can harm teeth.

**TIP**  
Stop using a bottle after 12 months.



**TIP** ✓  
Offer tap water in an open cup or straw cup when your child asks for a drink (from 6 months).

**TIP** ✓  
If your baby is under 12 months give cooled, boiled tap water.

**TIP** ✓  
Offer water or milk in an open cup to help your child learn and grow.

**TIP** ✓  
Clean your child's teeth and gums twice a day with a small, soft toothbrush.




**TIP** ✓  
Use low-fluoride baby toothpaste after 18 months.

**TIP** ✓  
Have your child's teeth checked by a dentist before they turn 2.

**TIP** ✓  
The best way your baby learns is by watching you brush your teeth.

**TIP** ✓  
Use a wet cloth to wipe teeth as soon as you can see them come through the gums.

For more information, visit:

	Babies and toddlers dhsv.org.au		Brushing teeth for kids: picture guide   Raising Children Network		Dental care for baby teeth & gums   Raising Children Network
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# How do I help my baby learn to eat?

## The adult provides and the child decides

As a parent, you choose:

- **WHICH** foods to give
- **WHEN** to give food
- **WHERE** to give food

Your child chooses:

- **IF** they eat
- **WHAT** they eat
- **HOW MUCH** they eat

Respect your child's hunger signs. Babies know when they are hungry and full (see page 5).

How much they eat changes every day, so trust that your baby will eat when hungry and stop when full.



For more information, visit:  
A parent's guide to eating for under 5s



## Embracing the mess

- Babies and children can be messy when they eat. This is normal and helps them grow, learn and play.
- Don't scrape food off your baby's face with a spoon. This can be uncomfortable and confusing.

- Wait until the end of the meal to clean up. This helps them learn when the meal is finished.

### TIP

Put a plastic mat under your child's chair for easier cleaning.



For more information, visit:  
Children learning to feed themselves | Raising Children Network



## Screen time and meals

Having meals without screens helps your child listen to their body and enjoy eating more.



**For more information, visit:**

Screen time: babies and toddlers | Raising Children Network



## Food and emotions

To help your child learn to control their emotions, avoid giving them food for comfort or as a reward.



**For more information, visit:**

What's wrong with rewarding or punishing children with food? | Children's Health Queensland



## Eating with your child

Eating as a family is important for teaching your child how to eat. Babies learn from you and are more likely to enjoy foods if you are eating with them.



# How do I know if my baby is gagging or choking?

Babies and toddlers can choke easily because their airways are small and they are still learning to eat.

Here are some tips to prevent choking:

Always watch your child when they eat or drink

Ask your child to sit down when they eat or drink

Do not help if your baby is gagging; it can cause choking. Let them work it out.



Remove bones and skin from meat and fish



Give nuts or seeds that are ground, crushed or made into pastes (not whole)

Spread pastes (like peanut butter) in thin layers



Always use safety straps when your baby is in a high chair



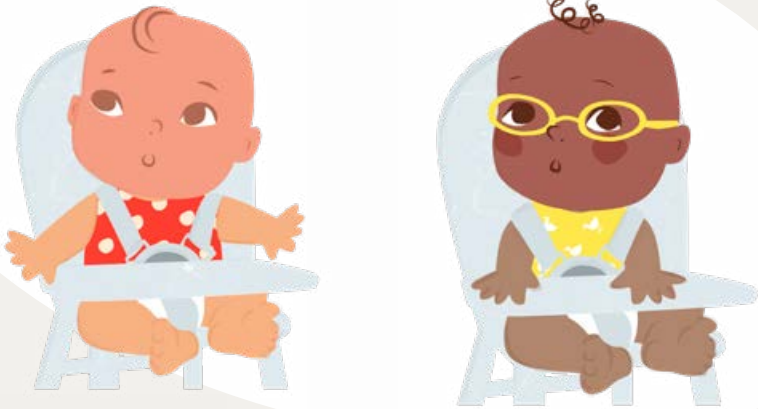
Cut small, round fruits and vegetables in half lengthways (blueberries, grapes, cherry tomatoes, peas)



Make hard fruits and vegetables safe by grating, cooking or mashing them

## Signs of gagging:

Your baby's face may turn bright red



Your baby may open their mouth, push their tongue out and cough



Your baby will make **loud noises**

**Gagging is normal and helps prevent choking.**

### REMEMBER:

- loud and red, let them go ahead.
- silent and blue, they need help from you.

**IF YOUR CHILD IS CHOKING, THEY NEED YOUR HELP RIGHT AWAY.**

## Signs of choking:

Your baby's face may turn blue



Your baby will be **silent** and not make noise

**Choking is not normal and is dangerous.**



For more information, visit:

Choking prevention & hazards: children | Raising Children Network



For more information, visit:

Choking first aid for babies: in pictures | Raising Children Network



For more information, visit:

Choking prevention and choking risks | Raising Children Network



# What do I do if my baby is a fussy eater?

It's normal for babies and children to refuse food, but it can be hard. Here are some tips:

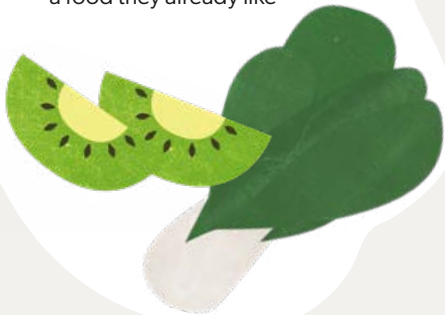
→ **Eat with your baby:** eating as a family can help your baby try new foods



→ **Don't panic if your child refuses a food:** give it again in 2 or 3 days (some children need to try a food 10-20 times before they like it)



→ **Give new food with liked food:** when giving a new or disliked food, offer with a food they already like



→ **Keep a meal routine:** this helps your baby feel hungry at mealtimes



→ **Serve one meal:** if your child refuses to eat, don't make a different meal. You can say, "It's OK if you aren't hungry. You don't have to eat, but this is all we have for dinner tonight."



→ **Give savoury and bitter foods often:** foods like vegetables and grains help your baby like new flavours



→ **Get your child involved:** let your child help with cooking and shopping for food. Let them watch you cook and join in.



→ **Reduce how much milk your child drinks:** from 12 months, your child may not feel hungry if they are drinking too much cow's milk. Do not give more than 500ml of whole, cow's milk per day. This helps them have room for other foods.

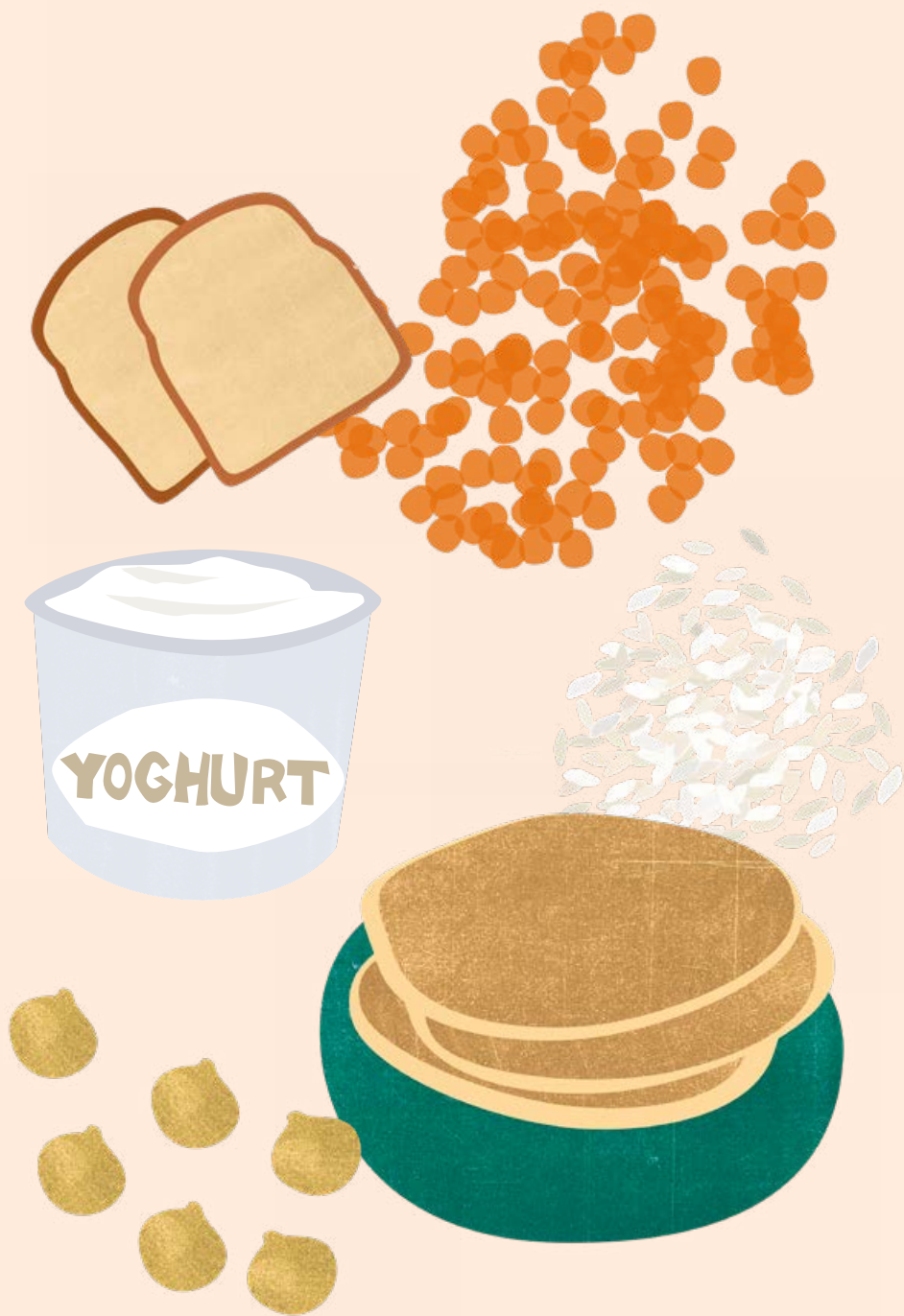


For more information, visit:  
Fussy eating in children: tips to help | Raising Children Network



# Breakfast

RECIPES



# Lentil and Vegetable Delight

Recipe submitted by Danira, Strathtulloh



## Ingredients

- 2 tablespoons (tbsp) yellow lentils (moong dal)
- ¼ medium sweet potato, peeled and diced
- 1 small carrot, peeled and diced
- 1 handful spinach, finely chopped
- 1 small tomato, diced
- ½ cup water
- ¼ teaspoon (tsp) cumin, ground
- ½ tbsp ghee

## Method

1. Wash the lentils until the water is clear
2. In a small pot, mix the yellow lentils, sweet potato, carrot, tomato, spinach, water and cumin
3. Bring to a boil, then simmer and cook for 20–25 minutes until the lentils and vegetables are soft
4. Blend to a smooth or slightly chunky texture (add more water, breastmilk or formula if needed)
5. Let it cool before serving



TIP

swap or mix moong dal with masoor dal (red lentils)

TIP

use whatever vegetables are left in your fridge at the end of the week!



Serves  
**2**  
(baby portions)



Preparation time  
**25 mins**



Cooking time  
**5 mins**

Allergen warning:  
Contains dairy



# Ful Medames

A hearty breakfast enjoyed throughout the Middle East



## Ingredients

- 1 x 400g canned fava beans (no salt added)
- 1 x 400g canned chickpeas (no salt added)
- ½ tsp cumin, ground
- 1 clove garlic, crushed
- 2 tbsp olive oil, plus extra for serving
- juice of one lemon
- 1 medium tomato, diced
- handful of fresh parsley and mint, chopped
- 1 green onion, thinly sliced
- 1 medium red onion, finely diced
- 5 pita breads

### TIP

find tinned fava beans in the international aisle of the supermarket or at a Middle Eastern grocery store

## Method

1. Drain and rinse the canned fava beans and chickpeas
2. Put them in a large pot with enough water to cover them
3. Add cumin, bring to a boil, then simmer on low for 5 minutes
4. Take out 3/4 of the fava beans and chickpeas from the liquid and put them in a large bowl (keep the liquid)
5. Mash the beans and chickpeas with garlic, lemon juice and olive oil
6. Add the rest of the beans and chickpeas to the bowl with 1/3 cup of the liquid
7. Mix everything together, adding more liquid if you want it thinner
8. To serve, put the warm Ful Medames in a bowl. Top with diced tomatoes, chopped mint, parsley, green onions and red onion. Serve with extra virgin olive oil and enjoy with pita bread

### How to serve to a 6-month-old

**(smooth-mashed):** Mash 1 – 2 tbsp of Ful Medames and chopped tomatoes, until smooth-mashed, adding 1-2 tbsp of breast milk or boiled water if needed



### How to serve to a 6-8-month-old

**(lumpy-mashed):** Mash Ful Medames and chopped, de-seeded tomatoes and diced onion until slightly lumpy



Serves  
**4 - 5**  
(adult portions)



Preparation time  
**20 mins**



Cooking time  
**5 mins**

Allergen warning:  
Contains wheat



### TIP

swap the fava beans with any other beans you have in the pantry (pinto beans are the closest in size and taste)

### How to serve to an 8-month-old

**(finger foods):** Place some Ful Medames, ripped pita bread, chopped tomatoes and diced onion on a plate



### How to serve to a 12-month-old:

Put the food in a small bowl and serve with a fork



# Blueberry Bread Roll Ups

Recipe submitted by Annabel, Melton



## Ingredients

- ¼ cup cream cheese
- 1 handful blueberries (squashed)
- 3 slices of bread (crusts removed)
- 1 egg, beaten (makes enough for 3)
- 1 tsp vanilla extract
- 1 tsp butter

## Method

1. Roll out slices of bread with rolling pin
2. Add cream cheese to flattened bread on one side
3. Add squashed blueberries across the cream cheese
4. Roll up and dip in beaten egg
5. Heat butter in a pan on medium and cook bread roll ups for 1 minute on each side until golden brown
6. Cool before serving



TIP

this breakfast makes great finger food!

TIP

try adding different fruits for the filling, such as banana or cut up strawberries



Makes  
**3**  
(roll ups)



Preparation time  
**5 mins**



Cooking time  
**10 mins**

Allergen warning:  
Contains dairy  
Contains egg  
Contains wheat



# Simple Congee

A yummy, savoury rice porridge commonly eaten in China and South-East Asian countries for breakfast



## Ingredients

- 1 cup medium or short-grain rice
- 8 - 9 cups water
- 1 small knob fresh ginger, peeled and grated
- 2 spring onions, chopped
- 3 cloves garlic, minced
- 4 eggs
- ¼ tsp sesame oil (for serving)



## Method

1. Rinse the rice in cold water and drain
2. Heat olive oil in a pan over medium heat. Add the minced ginger and garlic, cooking for 30 seconds
3. Add the rinsed rice and cook for 2 more minutes
4. Pour water into the pot and bring to a boil, uncovered
5. Reduce the heat to low, cover the pot and let the congee simmer for about an hour, stirring occasionally
6. After an hour, check the congee to see if you like the texture
7. Fry the eggs
8. Serve the congee with sliced spring onions, a fried egg and sesame oil

TIP

use different toppings and flavours, such as chicken, mushrooms or other veggies

TIP

if an adult or older child is eating, add some soy sauce and salt to the congee in their bowl



Serves  
**2 - 3**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**1 hour**

Allergen warning:  
Contains egg  
Contains sesame seeds



# One-Pot Khichdi

A simple, warming lentil and rice dish served for breakfast in India

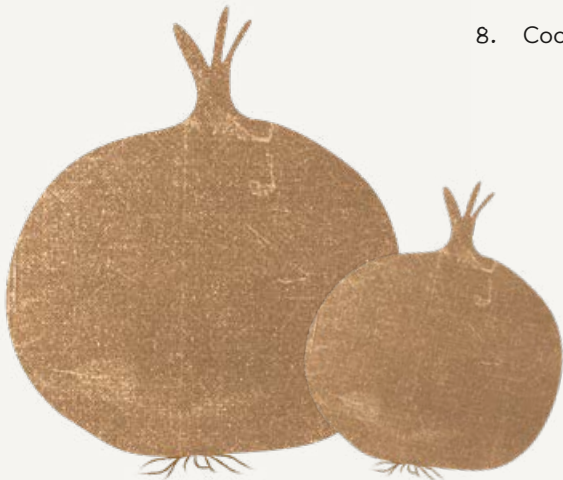


## Ingredients

- 1 cup basmati rice
- 1 cup yellow lentils (moong dal)
- 6.5 cups water
- 2 tbsp ghee or olive oil
- 2 brown onions, finely diced
- 2 medium tomatoes, finely diced
- 2 tsp ginger and garlic paste
- ½ tsp turmeric powder
- 2 tsp cumin seeds
- 1 tsp garam masala

## Method

1. Rinse and soak the rice and lentils in a large bowl for 10 minutes
2. Heat ghee or olive oil in a pressure cooker and add the onions
3. When the onions are browned, add ginger, garlic and cumin seeds. Cook until it smells nice and the onions darken.
4. Add the tomato, turmeric powder and garam masala. Cook until the tomatoes are soft.
5. Drain the rice and lentils, then add them to the pot. Cook for 3-4 mins.
6. Pour in the water and mix well
7. Pressure cook on high for 10-15 mins, until the lentils and rice are soft
8. Cool before serving



Serves  
**4 - 5**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**20 mins**

Allergen warning:  
Contains dairy



# Banana Pancakes

Recipe submitted by Ev, Eynesbury



## Ingredients

- 1 medium banana
- 1 egg, beaten
- 2 tbsp plain flour
- 1 tbsp chia seeds
- 1 tbsp butter
- 1 tbsp milk (optional)

TIP

serve with plain yoghurt and fruit



## Method

1. Mash the banana until smooth
2. Add in the egg, flour and chia seeds (let chia seeds soak in the batter for 10 mins to help with digestion)
3. Mix until combined (if mixture is too thick, add a dash of milk)
4. In a large pan, melt some butter on medium heat and spoon in the mixture into four small pancakes
5. Cook until small bubbles form on the surface and then flip. Cook for an extra 1-2 minutes.
6. Cool before serving

TIP

you can swap the plain flour for oat flour by blitzing oats in a food processor until fine

**How to serve to a 6-month-old (smooth-mashed):** Mash 1 small pancake with 1-2 tbsp of breast milk or boiled water until almost smooth



**How to serve to a 6 - 8-month-old (lumpy-mashed):** Mash 1 small pancake and 1 tbsp of plain yoghurt until slightly lumpy



Serves  
**4 - 5**  
(small portions)



Preparation time  
**5 mins**

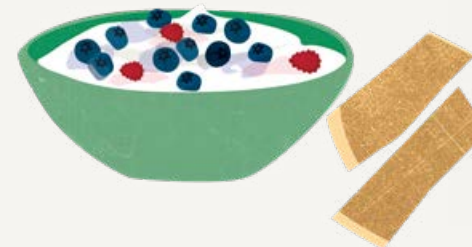


Cooking time  
**10 mins**

Allergen warning:  
Contains dairy  
Contains egg



**How to serve to an 8-month-old (finger foods):** Cut 1 pancake into strips and serve with plain yoghurt and squashed berries



**How to serve to a 12-month-old:** Place food on a plate and serve with a fork



## Quick and Easy Idli

Soft, fluffy, steamed rice cakes commonly eaten in South India and Sri Lanka for breakfast



### Ingredients

- ¾ cup rice flour
- ¼ cup coarse semolina
- ½ cup plain, unsweetened yoghurt
- ½ cup water
- ¼ tsp fruit salt (see tip below)

### Method

1. Mix rice flour and coarse semolina in a large bowl
2. Add plain yoghurt and water
3. Stir well to make a smooth batter with no lumps, adding more water if needed
4. Cover and rest for 10 minutes
5. After 10 minutes, add fruit salt and mix gently to make the batter frothy
6. Pour batter into greased idli plate and steam for 10 minutes until cooked
7. Serve with dal or curry

#### TIP

this is a quick recipe that doesn't need fermentation

#### TIP

you will need an idli steamer, available at Indian grocery stores

#### TIP

fruit salt helps food to rise and can be bought from Indian grocery stores



Makes  
**10**  
(idli)



Preparation time  
**15 mins**



Cooking time  
**10 mins**

Allergen warning:  
Contains dairy  
Contains wheat





# Lunch

RECIPES



# Simple Sandwich and Wrap Ideas

Mashed egg and avocado



Grated cucumber and hummus



Smooth peanut butter (thinly spread) and sliced banana



Cheese and tuna toasty

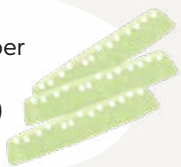


Shredded chicken, cheese and mayonnaise



Try serving these sandwiches or wraps with a side of fruits or vegetables that your baby can hold:

Cucumber sticks (peeled)



Kiwi fruit slices



Watermelon cubes



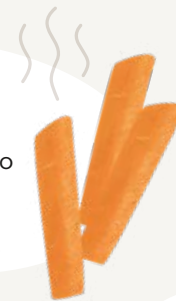
Banana slices



Avocado rolled in coconut



Carrot sticks (lightly steamed to prevent choking)



Steamed broccoli



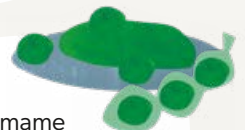
Cherry tomatoes (cut in half lengthwise to prevent choking)



Cut up berries



Edamame (mashed)



# End of the Week Salmon Frittata

Recipe submitted by Jenny, Deanside



## Ingredients

- 6 eggs, beaten
- ¼ cup plain Greek yoghurt
- 2 tbsp milk
- 1 cup grated zucchini or carrot
- 1 cup frozen spinach
- ½ cup parmesan cheese
- 100g canned, boneless salmon

### TIP

use any vegetables that are left in your fridge at the end of the week!

## Method

1. Preheat oven to 180 degrees Celsius
2. Line a small loaf pan with olive oil or butter
3. Drain canned salmon
4. Put ingredients in a bowl and mix until combined
5. Pour mixture in loaf pan and bake for 15 – 20 mins or until the middle is cooked
6. Cool before cutting and serving



Serves  
**2 - 3**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**20 mins**

Allergen warning:  
Contains dairy  
Contains egg  
Contains fish



### How to serve to a 6-month-old

**(smooth-mashed):** Mash 2-4 small chunks of frittata, until smooth-mashed, adding 1-2 tbsp of breast milk or boiled water if needed



### How to serve to a 6 - 8-month-old

**(lumpy-mashed):** Mash 2-4 small chunks of frittata until slightly lumpy, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to an 8-month-old (finger foods):** Cut frittata into strips and serve



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a fork



# One-Pot Tofu Biryani

A tasty rice dish enjoyed throughout South Asia



## Ingredients

- 1 cup plain, unsweetened yoghurt
- 4 cloves garlic, crushed
- 2 tsp ginger, grated
- 3 tsp cumin, ground
- 1 tsp coriander, ground
- 3 tsp garam masala
- 1 tsp turmeric
- 400g firm tofu, cubed
- 2 cups basmati rice
- 3 tbsp olive oil
- 3 brown onions, diced
- 1 cup frozen spinach
- ½ cup water
- 3 curry leaves

### TIP

try this recipe with chicken, paneer or beef

## Method

1. Mix 1/2 cup yoghurt, garlic, ginger, spices and cubed tofu in a large bowl. Cover and put in fridge for at least 2 hours.
2. Put rice in a large pot and cover with water until it's 3cm above the rice.
3. Bring the rice to a boil, then simmer for 8 minutes. Strain and put aside
4. In a large pot, heat oil and cook onions for 8-10 minutes until golden brown. Remove onions, leaving the oil in the pot.
5. Add the tofu to the hot oil and stir until browned
6. Stir in the remaining 1/2 cup yoghurt, curry leaves (optional), and 1/2 cup water
7. Bring to a boil, then top with cooked onions, frozen spinach and half cooked rice

**How to serve to a 6-month-old (smooth-mashed):** Mash 2-4 small chunks of tofu and rice, until smooth-mashed, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6 - 8-month-old (lumpy-mashed):** Mash 2-4 small chunks of tofu and rice until slightly lumpy



**How to serve to an 8-month-old (finger foods):** Place chunks of tofu and 2 tbsp of rice into a bowl and serve as finger food



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a fork



Serves  
**4 - 5**  
(adult portions)



Preparation time  
**2 hours**



Cooking time  
**40 mins**

Allergen warning:  
Contains dairy  
Contains soy



8. Cover and cook on high for 1-2 minutes until the rice is steaming, then reduce heat to low and cook, covered, for 20 minutes

9. Remove the lid and gently stir to mix tofu and rice
10. Cool before serving

# Chicken and Veggie Pastina

Recipe submitted by Julia, Hillside

## Ingredients

- 2 chicken Maryland pieces
- 2 carrots, diced
- 4 celery stalks, diced
- 2 medium potatoes, diced
- 1 brown onion, diced
- 2 cloves of garlic, grated
- 2-3 litres of water
- 1 bottle of tomato passata (no salt added)
- 250g risoni pasta

## Method

1. Place all ingredients (except the pasta) into a large pot and cover with water
2. Heat on high until it boils
3. Once boiling, reduce to low and simmer for 1 hour
4. After 1 hour, remove the chicken and take the meat off the bones
5. Put the boneless chicken back into the pot and blend with the vegetables and stock
6. Boil water and cook risoni until very soft
7. Drain risoni and mix with chicken and vegetable broth
8. Cool before serving



### TIP

make this recipe ahead of time and freeze in ice cube trays for easy re-heating

### TIP

celery can be stringy – make sure to cook until very soft



Serves  
**8 - 10**  
(baby portions)



Preparation time  
**10 mins**



Cooking time  
**1 hour**

Allergen warning:  
Contains wheat



# Quick Injera

*Yummy, Ethiopian flatbread that is commonly enjoyed with stews*



## Ingredients

- 1 cup teff flour
- ¼ cup whole wheat flour
- ¼ cup buckwheat flour
- 1 tsp baking powder
- 2 cups sparkling water
- 3 tbsp lemon juice

## Method

1. Mix the dry ingredients in a large bowl
2. Whisk in sparkling water and lemon juice until smooth
3. Let the batter rest for 20 minutes
4. Heat a pan on medium and pour in 1/2 cup of batter to cover the surface
5. Cook for 30-60 seconds, then flip and cook for another 30 seconds
6. Transfer to a cooling rack and cover with a cloth
7. Repeat until all batter is used
8. Let the injera cool
9. Store in an airtight container in the fridge for up to 3 days

### TIP

enjoy injera with stews, curries or as a snack with nut spread

### TIP

this quick recipe doesn't need fermentation

### TIP

if you can't find teff flour, use buckwheat, sorghum or millet flour



Makes  
**8**  
(Injera)



Preparation time  
**25 mins**



Cooking time  
**45 mins**

Allergen warning:  
Contains wheat



# Vegetable Tarts

Recipe submitted by Janine, Caroline Springs



## Ingredients

- 1 sheet puff pastry, thawed
- 1 cup smooth ricotta
- 1 cup cheese, grated
- 1 large zucchini, grated
- 1 handful cherry tomatoes, quartered
- 1 tbsp tomato paste (no salt added)



TIP

use any vegetables that are left in your fridge at the end of the week!

## Method

1. Preheat oven to 180 degrees Celsius
2. Put baking paper on baking tray
3. Cut the pastry into 6 pieces
4. Put pastry pieces on baking trays with space between them
5. Use a knife to score a border around each pastry piece
6. Use a fork to make holes in the pastry inside the border
7. Spread tomato paste onto each piece and bake for 8 minutes until brown
8. Flatten pastry with a tea towel and spread ricotta inside the border
9. Put vegetables and cheese on each piece and bake tarts for an extra 6-10 minutes until golden brown
10. Cool before serving

**How to serve to a 6-month-old (smooth-mashed):** Mash ½ a tart, until smooth-mashed, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6 - 8-month-old (lumpy-mashed):** Mash ½ a tart until slightly lumpy, adding 1-2 tbsp of breast milk or boiled water if needed



Makes  
**6**  
(small tarts)



Preparation time  
**10 mins**



Cooking time  
**20 mins**

Allergen warning:  
Contains dairy  
Contains wheat



**How to serve to an 8-month-old (finger foods):** Cut 1 tart into strips and serve to eat as finger food



**How to serve to a 12-month-old:** Place a cut up tart on a plate and serve with a fork





Dinner

RECIPES



# Lamb Korma

Recipe submitted by Janine, Caroline Springs



## Ingredients

- 1.5 kg lamb, diced
- 1 cup water
- 2/3 cup plain, unsweetened yoghurt
- 1.5 tsp garam masala
- 1 tbsp cumin, ground
- 6 cardamom pods, crushed
- 3 tsp coriander, ground
- 2 cloves
- 1 cinnamon stick
- 2 onions, diced
- 1.5 tbsp ginger, grated
- 3 garlic cloves, grated
- 1 can diced tomatoes (no salt added)
- 1 eggplant, cubed
- 1/2 head cauliflower, cubed
- 1 cup of coconut cream
- 1/2 cup raw cashews
- 2 tbsp olive oil

## Method

1. Heat olive oil in a large saucepan on medium heat. Add cashews and onions and cook until browned.
2. In a food processor blend half the coconut milk, 1 cup water, and the browned cashews and onions
3. Reheat saucepan on low – medium and brown the garlic, ginger and spices. Stir to stop burning.
4. Add diced lamb to the saucepan with spices and cook until browned. Add yoghurt and mix.
5. Add blended onion mixture to the saucepan with the lamb. Add leftover coconut milk, canned tomatoes and eggplant. Cover and simmer on low for 1 hour.
6. Add cauliflower 10 mins before serving
7. Serve with rice

### How to serve to a 6-month-old

**(smooth-mashed):** Mash 2-4 chunks of lamb with 2 tbsp of rice and 2-3 cubes of eggplant and cauliflower until almost smooth, adding 1-2 tbsp of breast milk or boiled water if needed



### How to serve to a 6 - 8-month-old

**(lumpy-mashed):** Mash 2-4 chunks of lamb with eggplant and cauliflower until slightly lump and mix with mashed rice



Serves  
**6 - 8**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**1 hour**

Allergen warning:  
Contains dairy  
Contains tree nuts



### TIP

add lentils or beans  
to feed more people



### How to serve to an 8-month-old

**(finger foods):** Place chunks of lamb, rice, eggplant and cauliflower on a plate



### How to serve to a 12-month-old:

Place the food in a small bowl and serve with a fork



# Bun Cha

A fresh, flavour-packed Vietnamese dish made with meatballs and noodles



## Ingredients

### Meatballs

- 500g beef mince
- 2 spring onions, finely chopped
- 2 garlic cloves, minced
- 4 tsp lemongrass paste
- 3 tbsp olive oil (to cook)

### To serve

- 200g vermicelli noodles, dried
- 1 big handful beansprouts
- 1 big handful lettuce leaves
- 2 carrots, grated
- 1 small daikon radish, grated
- 1 handful fresh coriander
- 1 handful fresh mint

### Nuoc Cham (Vietnamese Sauce) – only for adults or older children

- 6 tbsp white sugar
- 6 tbsp fish sauce
- 4 tbsp rice wine vinegar
- 4 tbsp lime juice
- 2/3 cup water
- 2 red chillis (optional)
- 6 garlic cloves, finely chopped

## Method

1. Mix sauce ingredients in small bowl
2. Pour boiling water over vermicelli noodles and cook per packet instructions. Drain and set aside.
3. Mix meatball ingredients in a large bowl and shape into 8 small patties with your hands

TIP

for adults and older children, eat with Nuoc Cham sauce

TIP

use pork, chicken or prawns in the meatballs

**How to serve to a 6-month-old (smooth-mashed):** Mash 1 meatball with a small handful of noodles and grated carrot and daikon until almost smooth, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6 - 8-month-old (lumpy-mashed):** Mash 1 meatball with a small handful of noodles and grated carrot and daikon until slightly lumpy, adding 1-2 tbsp of breast milk or boiled water if needed



Serves  
**4**  
(adult portions)



Preparation time  
**20 mins**



Cooking time  
**10 mins**



4. Heat oil in a large pan over medium – high heat
5. Add patties and cook for 3 minutes until golden. Turn, cook for 2 minutes and remove.

6. In a bowl, add noodles, vegetables and herbs

**How to serve to an 8-month-old (finger foods):** Cut 1-2 meatballs into small chunks and serve with grated carrot and daikon and cut noodles on a plate



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a fork



# Slow Cooker Chicken Enchiladas

Recipe submitted by Annabel, Melton

## Ingredients

2 chicken breasts  
1 x 700g jar passata (no salt added)  
1 x 400g can kidney beans (no salt added)  
1 onion, diced  
1 capsicum, diced  
2 tsp garlic powder  
2 tsp cumin, ground  
1 tsp oregano  
¼ tsp chilli powder (optional)  
340g sweetcorn (tinned or frozen)  
6 tortilla wraps, cut into strips  
250g cheese, grated

TIP

serve with sliced avocado, lime juice and plain yoghurt

## Method

1. Put ingredients in the slow cooker (except sweetcorn, tortilla wraps and cheese)
2. Cook on high for 4 hours or on low for 6 hours
3. When chicken is cooked, remove and rip with 2 forks
4. Mix in sweetcorn and tortilla wrap strips and cover with grated cheese
5. Cook for 40 mins on high

TIP

make this a vegetarian meal by using more beans instead of chicken

**How to serve to a 6-month-old (smooth-mashed):** Mash 1-2 tbsp of chicken, beans, sweetcorn and tortilla until almost smooth, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6-8-month-old (lumpy-mashed):** Mash 1-2 tbsp of chicken, beans, sweetcorn and tortilla until lumpy



Serves  
**3 - 4**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**5 - 7 hrs**

Allergen warning:  
Contains dairy  
Contains wheat



**How to serve to an 8-month-old (finger foods):** Cut chunks of chicken, squashed corn kernels and beans and strips of tortilla and serve in a bowl to eat as finger food



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a spoon



# Pork Giniling

A comforting Filipino stew made with ground pork, carrots, potatoes and tomatoes



## Ingredients

- 500g ground pork
- 1.5 cups potatoes, diced
- 1 cup carrots, diced
- 1 cup tomato passata (no salt added)
- 2 tbsp tomato puree (no salt added)
- 6 garlic cloves, crushed
- 1 medium-sized onion, diced
- 4 eggs
- 3 tbsp cooking oil
- 1 cup water



## Method

1. Heat oil on low – medium in a large pot and cook onions until light brown and soft
2. Add ground pork and cook for 5 minutes
3. Add tomato puree, tomato passata and water and bring to a boil. Once boiling, turn to low heat and simmer for 20 minutes.
4. Add carrots and potatoes and simmer for 12 minutes
5. Boil 4 eggs and remove shells
6. Cut boiled eggs into 4 pieces and put on stew
7. Serve with rice (optional)

TIP

use chicken, beef or turkey in this recipe

**How to serve to a 6-month-old (smooth-mashed):** Mash 1-2 tbsp of the pork stew, ¼ egg and 1-2 tbsp of rice until almost smooth, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6 - 8-month-old (lumpy-mashed):** Mash 1-2 tbsp of the pork stew, ¼ egg and 1-2 tbsp of rice until lumpy



Serves  
**4 - 5**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**40 mins**

Allergen warning:  
Contains egg



TIP

for adults and older children, add soy sauce and a small spoon of brown sugar to their bowl for extra flavour



**How to serve to an 8-month-old (finger foods):** Place chopped egg, 2 tbsp of pork stew and 2 tbsp of rice on a plate to be eaten as finger food



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a spoon



# Slow Cooker Lentil Bolognese

Recipe submitted by Annabel, Melton



## Ingredients

2 x 400g lentil cans (no salt added)  
OR 2 cups dried, washed lentils  
2 x 400g cans chopped tomatoes (no salt added)  
3 celery sticks, diced  
3 carrots, diced  
2 zucchinis, diced  
1 onion, diced  
6 cloves of garlic, crushed  
75g tomato paste (no salt added)  
½ cup water  
2 tsp oregano, dried  
3 bay leaves

TIP

if you like eating meat,  
add beef or lamb mince  
to this recipe

## Method

1. Put all ingredients in the slow cooker and cook for 6 hours on high or 8 hours on low
2. Serve with pasta or rice



**How to serve to a 6-month-old (smooth-mashed):** Mash 1-2 tbsp of the sauce, 1-2 tbsp of pasta and sprinkle of cheese until almost smooth, adding 1-2 tbsp of breast milk or boiled water if needed



**How to serve to a 6-8-month-old (lumpy-mashed):** Mash 1-2 tbsp of the sauce, 1-2 tbsp of pasta and a sprinkle of cheese until lumpy



Serves  
**5 - 6**  
(adult portions)



Preparation time  
**10 mins**



Cooking time  
**6 - 8 hrs**

Allergen warning:  
Contains wheat



**How to serve to an 8-month-old (finger foods):** Place ¼ cup easy-to-hold pasta shapes in a bowl with ¼ cup of sauce and grated cheese to be eaten as finger food



**How to serve to a 12-month-old:** Place the food in a small bowl and serve with a fork





# Snack

RECIPES



## Frozen Yoghurt Pops

Recipe submitted by Annabel, Melton



Makes  
**4**  
(pops)



Preparation time  
**10 mins**



No cooking  
needed

Allergen warning:  
Contains dairy

### Ingredients

1 cup of plain, Greek yoghurt  
1 cup of fruit

#### Combinations to try:

- Banana, cocoa powder and peanut butter
- Pineapple, lime and desiccated coconut
- Mango, passionfruit and mint

### Method

1. Blend together, pour into ice cream moulds and freeze



## Weetbix Balls

Recipe submitted by Ev, Eynesbury



Makes  
**5-6**  
(balls)



Preparation time  
**10 mins**



No cooking  
needed

Allergen warning:  
Contains wheat  
Contains tree nuts

### Ingredients

2 Weetbix  
1 banana  
½ mango  
½ cup desiccated coconut

### Method

1. Mash banana and mango together
2. Crush Weetbix, add to mashed fruit and mix (this should be thick)
3. Roll into 5 – 6 small balls and cover in coconut
4. Put in fridge for 30 mins to cool



# Scottish Potato Scones

Recipe submitted by Colin, Aintree



## Ingredients

400g potatoes  
100g plain flour  
1 tbsp butter or olive oil

## Method

1. Put potatoes (with skins) in a pot of cold water and cook over medium heat until soft
2. Remove the potatoes, let them cool and peel off skins
3. Mash potatoes in a large bowl until smooth
4. Add flour and butter or oil, and mix to form a dough (start with a spoon, then use hands)
5. Put flour on a clean bench, put the dough on it and cut into four pieces. Roll each piece into a ball.
6. Flatten each ball with your fingers and cut into shapes (you can use a cup)
7. Put oil in a large pan on medium heat and cook 4 scones at a time, 3 – 4 minutes until browned
8. Let the scones cool on a rack



TIP

can be eaten warm or cold

TIP

eat with a fried egg or  
nut paste and banana



Makes  
**4**  
(scones)

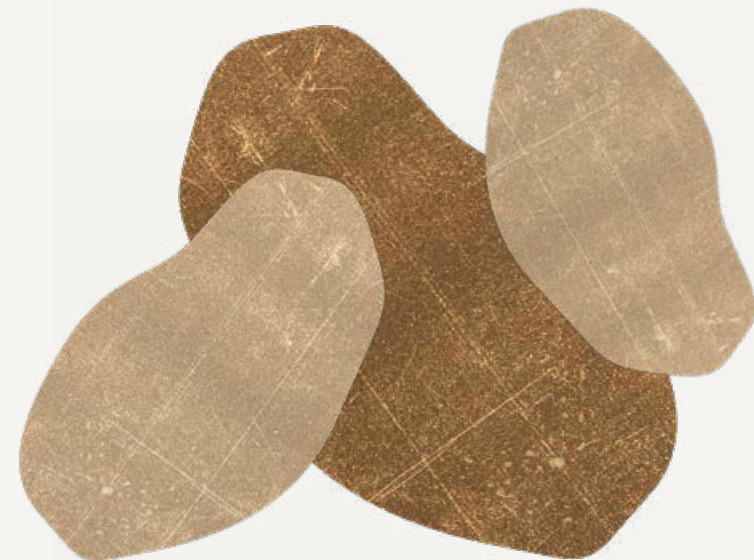


Preparation time  
**10 mins**



Cooking time  
**40 mins**

Allergen warning:  
Contains dairy  
Contains wheat



# Banana Berry Muffins

Recipe submitted by Brooke, Thornhill Park



## Ingredients

- 1 banana, mashed
- 1/2 cup berries
- 1/2 cup quick oats
- 1/2 cup plain flour
- 1 tsp baking powder
- 1/3 to 1/2 cup milk

## Method

1. Heat oven to 180 degrees Celsius
2. Mix mashed banana with berries
3. Add egg and milk (start with 1/3 cup) and mix
4. Add oats, flour and baking powder and mix
5. Fill a muffin tray and bake at 180 degrees Celsius for 12 - 15 minutes
6. Cool on a rack

### TIP

eat for breakfast or a snack with yoghurt and fresh fruit

### TIP

freeze and heat in microwave for a quick snack

### TIP

use old fruit in this recipe to reduce food waste



Makes  
**4**  
(muffins)



Preparation time  
**10 mins**



Cooking time  
**12-15 mins**

Allergen warning:  
Contains dairy  
Contains wheat



# Apple, Carrot and Oat Cookies

Recipe submitted by Annabel, Melton



## Ingredients

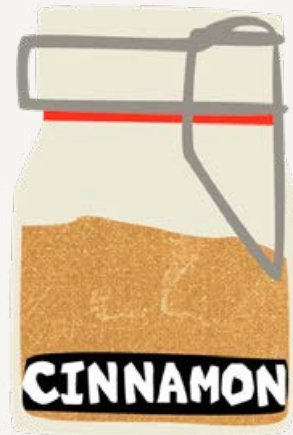
- 1 cup oats (blended into flour)
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp cinnamon, ground
- 1 cup carrot, grated
- 1/2 an apple, grated
- 1 cup sultanas
- 1/2 cup olive oil
- 1/3 cup nut paste
- 1 tsp chia seeds

## Method

1. Heat oven to 190 degrees Celsius
2. Put baking sheet on baking tray
3. Mix ingredients in large bowl
4. Roll into a 2-3 cm thick sheet and use cookie cutter to cut into shapes
5. Put cookies on baking tray with 2cm between each cookie
6. Bake for 18 – 20 mins
7. Cool on rack

### NOTE

This recipe is better suited to babies 12 months and older



### TIP

this is a great recipe to make with your child (the batter does not have eggs)

### TIP

if you want the cookies softer, cook for a shorter time



Makes  
**10-12**  
(cookies)



Preparation time  
**10 mins**



Cooking time  
**18-20 mins**

Allergen warning:  
Contains tree nuts



# Hummus

A creamy, Middle Eastern dip made from chickpeas



Serves **6**

Preparation time **10 mins**

No cooking needed

Allergen warning:  
Contains sesame seeds

## Ingredients

- 1 x 400g canned chickpeas (no salt added)
- 1/4 cup liquid from the canned chickpeas
- 1 garlic clove
- 1/4 cup lemon juice
- 1/2 cup tahini, hulled
- 1/3 cup extra virgin olive oil

## Method

1. Put ingredients in food processor and blend until it is a paste
2. Add more lemon juice or chickpea liquid to make thinner
3. Serve with olive oil and smoked paprika (optional)

TIP

try different recipes by blending in beetroot, fresh herbs or roasted capsicum

TIP

for babies aged 6 – 12 months, use breast milk, formula or water to make hummus thinner



# Tzatziki

A tangy dip, great for snacking



Serves **6**

Preparation time **10 mins**

No cooking needed

Allergen warning:  
Contains dairy

## Ingredients

- 1 medium cucumber
- 4 - 5 garlic cloves, finely grated or minced
- 1 tsp white vinegar
- 1 tbsp extra virgin olive oil
- 2 cups plain Greek yoghurt
- 1 handful of fresh dill and mint, chopped finely
- 1/4 tsp white pepper, ground (optional)

## Method

1. Grate cucumber and put in a cheese cloth or tea towel. Squeeze out water.
2. Add ingredients in a bowl and mix
3. Cover and cool in fridge for 30 minutes before eating

TIP

serve dip with pita bread and soft, cooked vegetables



# Tuna and Cannellini Bean Dip

A tasty dip, full of protein

GF



Serves  
**6**



Preparation time  
**10 mins**



No cooking  
needed

Allergen warning:  
Contains fish

## Ingredients

1 medium tuna can in olive oil  
1 large garlic clove  
1 x 400g can of cannellini beans  
(no salt added)  
1 tbsp lemon juice  
1 tbsp extra virgin olive oil

## Method

1. Drain beans and wash with water
2. Add ingredients in blender or food processor
3. Blend until smooth

TIP

for an older child or adult, salt a small portion of the dip

TIP

use canned salmon or canned sardines (boneless) instead of tuna

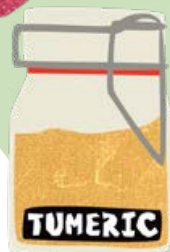


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