

Baked meatballs

Ingredients

250 g of ground meat (beef, chicken, turkey, pork or other)

1 egg, beaten

¼ cup of baby cereal enriched in iron

½ carrot, finely grated

1 ball of frozen spinach, thawed (fresh spinach can also be used)

Spices to taste, suggestion : ¼ teaspoon of black pepper and ½ teaspoon of Italian spice mix

Preparation

1. Pre-heat the oven to 375 F.
2. In a medium bowl, mix all the ingredients together.
3. Shape into balls (2cm diameters) and place on a well-oiled baking pan or a pan lined with parchment paper.
4. Bake for 20 minutes (check that the meat is well cooked: no red or pink color present).

Sweet potato fries

Ingredients

1 medium sweet potato

1 tablespoon of olive oil

Spices to taste, suggestion: ½ teaspoon of cinnamon and ½ teaspoon of cumin

Preparation

1. Pre-heat the oven to 375 F.
2. Peel the sweet potato.
3. Cut the potato in the shape of large fries or Greek potato wedges.
4. In a medium bowl, mix all the ingredients together.
5. Place on a well-oiled baking pan or a pan lined with parchment paper.
6. Bake for 20 minutes. Using a fork, make sure that fries are not too hard nor too soft.

Omelette

Ingredients

2-4 eggs (depending on the desired amount)

1-2 tablespoon of breastmilk, formula milk or water

1 tablespoon of margarine or non-salted butter

Preparation

1. In a medium sized pan, melt butter or margarine on low heat.
2. Cook the eggs to make an omelet, fold in half and then in quarters.
3. Cut in large strips (length of small finger) that a baby can easily grab with his/her hands.

Sweet potato puree



Ingredients

1 medium sweet potato

Breastmilk, formula or water; quantity variable depending on desired consistency

Spices to taste, suggestion: ½ teaspoon of cumin



Preparation

1. Using a fork, make small holes on the potato
2. Cook the potato in a microwave, on maximum power, for about 8 minutes (or until tender). Let it cool down.
3. Peel the potato using a spoon and puree using the fork or a blender.
4. Add water or milk (breastmilk or formula milk) until desired consistency is achieved.
5. Add spices to taste.

Canned beans puree



Ingredients

½ can of red kidney beans, in water, with no added salt

1-2 tablespoon of lemon juice

1 tablespoon of olive oil

1-2 tablespoon of water, breastmilk or formula milk (use the quantity needed to obtain desired consistency)

Spices to taste: 1 teaspoon of garlic powder, 1 teaspoon of onion powder and ¼ teaspoon of black pepper



Preparation

1. Drain and rinse well the beans
2. Using a food processor or a fork, mix and puree together all of the ingredients
3. If needed, warm up in a microwave