

7 easy

BLW RECIPES

your little one will love



WELCOME

As a mom and dietitian, there are many reasons why I love Baby-led Weaning:

- Supports motor development earlier.
- Sets your baby up for a healthy relationship with food.
- Finger foods are more nutritious than many purees.
- May help prevent picky eating.
- Easier for parents & fun for the baby!





Yet I come across countless parents with the same questions and concerns:

- Unsure about how to offer your baby finger foods they can manage?
 - Panicked that your baby will choke if you offer finger foods?
 - Worried your baby will not get enough food, iron and other nutrients to grow well?
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Hi, I'm Jen. Registered Dietitian, mother of 3 and the author of The Parents' Guide to Baby-led Weaning, I'm here to remove the confusion from starting solids. To give you the knowledge and support you need to confidently make starting solids with Babyled Weaning fun, easy & healthy!

Let's get going!



Iron-Rich Pancakes



By substituting some flour for fortified infant cereal, you're offering your baby a source of iron for breakfast! Serve with berry compote recipe below, and the vitamin C will increase iron absorption!

INGREDIENTS

- ½ cup iron-fortified infant cereal
- ½ cup all-purpose flour
- ¼ tsp salt
- 1 tsp sugar
- 2 tsp baking powder
- ¾ cup whole cow's milk
- 1 lightly beaten egg
- 2 Tbsp melted coconut oil

DIRECTIONS

- Preheat a frying pan over med-high heat. Add butter to grease, if needed.
- In a medium bowl, combine first 5 ingredients.
- In a small bowl whisk together the milk, egg and coconut oil. Combine this wet mixture into the dry mixture.
- Pour ¼ cup portions of batter onto pan. Flip after 3 - 5 min, once the pancakes turn golden and begin to bubble.



Berry Compote



You can use any berry or fruit for this recipe, or a mix. Fresh or frozen both work fine. Use the compote to top pancakes or waffles or mix into oatmeal or plain yogurt for flavor.

INGREDIENTS

- 2 cups berries
- 1 Tbsp water

DIRECTIONS

- In a medium pot, add berries & water.
- Heat over medium heat on the stove for 10 minutes covered, stirring occasionally until the fruit breaks down.



No-slip Avocado or Banana Strips



Avocado & banana are easy starter foods for your baby, as they are soft. But also slippery and hard to grasp. Here is the solution!

INGREDIENTS

- ripe avocado or banana
- Infant cereal, ground nuts, ground flax or wheat germ

DIRECTIONS

- Peel and pit the avocado, or peel the banana. Slice into 1/4-inch strips (for banana) or wedges (for avocado).
- Place the infant cereal on a small plate and roll the avocado/banana slices in the topping to coat.



Egg Strips



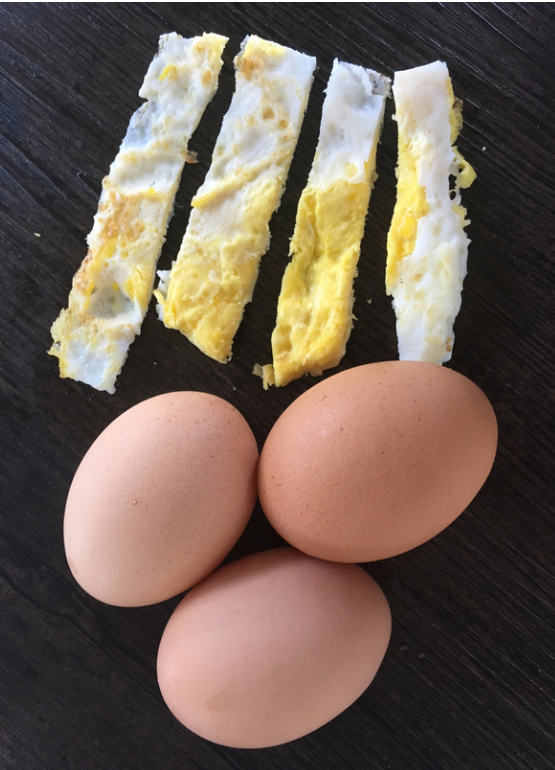
Eggs are one of the most nutrient-dense foods you can offer to your baby. You can offer the whole egg at any time after 6 months of age. Here is how I serve eggs to a baby with a palmer grasp.

INGREDIENTS

- 1 egg
- 1 tsp butter

DIRECTIONS

- Heat a small frying pan over medium heat & add butter to melt.
- Crack egg and cook for 2 minutes on one side. Crack the yolk with your flipper. Flip the egg over to cook on the other side.
- Remove from pan and slice into strip



Slow cooker or pressure cooker ribs



Ribs are a good starter meat for your baby-led weaner's. These ribs are easy to grasp and nice and tender.

INGREDIENTS

- 1 rack baby-back pork ribs, trimmed, (about 1kg/2lbs)
- 1/2 cup water
- 1/2 cup onion, finely chopped
- 1 clove garlic, minced

Option: For the adults, you can bake the ribs with BBQ sauce at 375°F for 10 minutes, while baby's ribs cool.

DIRECTIONS

- Pour water into slow cooker or pressure cooker, and place a rack in the bottom of the cooker. Layer ribs onto the rack. Add onion and garlic.
- Cover and cook on High for 4 to 6 hours or Low for 6 to 8 hours for slow cooker. For pressure cooker, cook for 35 minutes on high, using quick release when finished. Discard onion and garlic.





These meatballs are tender and easy for baby's small hands to pick up. You can even smooch them a bit, and turn them into patties or baby burgers!

INGREDIENTS

- 1 lb. ground bison
- 1 large egg
- 1/2 cup fortified infant cereal

Options:

For more flavor, add seasoning, such as garlic powder or dried Italian seasoning, to the beef mixture.

Substitute the ground bison for ground beef.

DIRECTIONS

- Preheat oven to 400°F.
- In a bowl, combine beef, egg and infant cereal.
- Form into 16 meatballs, place on a baking sheet.
- Bake in preheated oven for 20 minutes or until no patties are longer pink inside.



Easy Salmon Fish Cakes



Salmon is high in protein, a source of iron and one of the best sources of omega-3 fats. Recipe courtesy of Courtesy of The Parents' Guide to Baby-led Weaning© 2017

INGREDIENTS

- 213 g salmon, drained, skin and large bones removed
- 1 can or leftover cooked salmon
- 1 cup mashed potatoes
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 3 Tbsp chopped fresh dill
- 3 Tbsp milk
- 1 large egg, beaten
- salt & pepper
- non-stick spray

DIRECTIONS

- In a medium bowl, combine first 6 ingredients.
- Season to taste with salt and pepper. Gently stir in egg.
- Form mixture into four 3/4-inch (2 cm) thick cakes.
- Cover and refrigerate for at least 30 minutes or overnight.
- Heat a large nonstick skillet over medium heat. Spray with cooking spray.
- Add fish cakes and cook for about 2 minutes per side or until browned on both sides and hot in the center.



WANT MORE SUPPORT?



With some support and training.....Baby-led Weaning CAN be done safely and nutritiously, to create a cheerful adventurous little eater!

And you don't have to figure it out on your own. If you're excited and want to learn more about Solid Steps to Baby-led Weaning, check it out here.

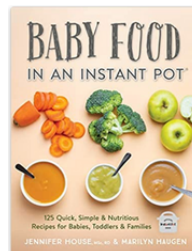
First Step Nutrition's

Solid Steps to
Babyled weaning



Or grab one of my books:

The Parents' Guide to Baby-led Weaning or
Baby-food in an Instant Pot (affiliate links)



Cheers to raising happy, healthy little eaters.

Jennifer House MSc, RD

www.firststepnutrition.com

