

Recipes for Babies 11 to 12 Months Old

Puréed Cooked Cauliflower

- Select clean, creamy white cauliflower.
- Wash thoroughly.
- Cut so that only the florets remain.
- Steam florets, 10 minutes or until tender, reserving the liquid.
- Place pieces in blender with some reserved liquid. Purée away!

Legume Super Porridge

Makes 2 cups of high protein *Super Porridge*

1/3 cup brown rice, organic, whole kernel (or millet or oatmeal)

1/8 cup dried lentils

2 cups water

- Ground brown rice and lentils in blender to a fine powder.
- Bring two cups of water to a boil.
- Sprinkle the fine powder into the water while stirring with a wire whisk.
- Reduce heat to low and cook for 10 minutes, stirring frequently.
- Adjust the consistency with some breast milk or formula.

Baby Applesauce

This recipe makes about 1 cup.

2 medium-sized apples

1½ tablespoons water or juice

- Wash apples and peel, if you wish.
- Remove seeds and core, and chop.
- Purée in blender or food processor, adding just enough apple juice or water so that food moves freely.
- Add a little lemon juice, if you wish, to prevent darkening.
- Serve with *Healthy Extras*.

Store, tightly covered, in refrigerator for up to one week, or freeze for up to 2 months.

Variation: Cook the apples after chopping. Place the apple pieces in covered pot with 1½ tablespoons of water or juice. Cook over low-medium heat for 2 minutes per apple. Pour apple pieces and water/juice into blender to purée—extra liquid will not be necessary.

Recipes for Toddlers

Super Healthy Two-Minute Meal

Mash an avocado and or banana and, optionally, add a little lemon juice. Add *Healthy Extras*, like wheat germ, ground nuts/seeds, and mashed beans for a complete meal. I put this simple recipe here to remind you that as long as you have some *Healthy Extras* as food staples in your kitchen and bananas on the counter, you've got a very healthy meal that your child will love. Keep "whole grains, beans, nuts, seeds, fruits, and veggies" in your kitchen as a constant reminder to add whole grains, cooked beans, and raw nuts and seeds to your child's food as often as possible.

Avocado Cube Salad

Cut small cubes of avocado and/or banana and/or tofu. Drizzle with a little lemon juice and honey (about 1 tablespoon per cup of cubes). My kids loved this as an outdoors summer afternoon snack.

Banana Pancakes

Mash or purée banana. Shape into small pancakes and dredge in ground nuts/seeds. Serve raw immediately.

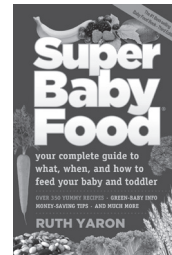
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