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

- ½ cup brown rice, organic, whole kernel (or millet or oatmeal)
- ⅛ 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
- 1 ½ 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 1 ½ 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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