

Weaning Recipes



Fiona Stock

Paediatric Naturopath & Nutritionist



Tuna & Broccoli Purée

Suitable from 8+ months

Ingredients

400gm broccoli florets

180gm canned tuna

$\frac{3}{4}$ baby bone broth or water (see our recipe)

Directions

1. Steam the broccoli, until tender, drain and cool.
2. Blend the broccoli, tuna and bone broth until smooth.
3. You can safely store this purée covered, in the fridge for 1 to 2 day. Alternatively,, freeze leftovers in 1 tablespoon portion sizes in silicon pods for up to 1 month.

Makes: 2 cups



Fish contains a type of oil called essential fatty acids. These help to promote children's brain development as well as boost children's immunity. In fact they nourish just about all your healthy baby's organs and support skin health too. Choose Tuna that is low in mercury.



Beef, Carrot and Sweet Potato Purée

Suitable from 8+ months

Ingredients

150gm diced rump steak
½ small sweet potato
1 ½ cups baby bone broth or water
(see our recipe)
1 carrot, chopped

Directions

1. Add all ingredients to a saucepan over medium heat and bring to the boil.
2. Reduce heat to low and simmer, uncovered for approximately 15 minutes or until veggies are soft and beef is cooked.
3. Allow to cool slightly before blending until smooth.
4. You can safely store this purée covered, in the fridge for 1 to 2 day. Alternatively, freeze leftovers in 1 tablespoon portion sizes in silicon pods for up to 1 month.

Makes: 2 cups

Beef is an excellent source of iron which is a key nutrient when weaning your healthy baby. Iron from animal products is absorbed four times better to help prevent children's anaemia than iron found in plant-based foods such as legumes, tofu and leafy greens.



Chicken Livers with Pumpkin Purée

Suitable from 8+ months

Ingredients

200gm chicken livers
½ cup milk of choice
500gm pumpkin, cubed

Directions

1. In a small bowl, stand soak the livers in the milk for 30 minutes, drain and discard the milk.
2. Cut the lobes of the liver into halves.
3. Roast, boil or steam the pumpkin until tender.
4. In a frying pan, add some olive oil and cook the livers over medium heat until cooked through.
5. Cool slightly before blending the livers and pumpkin until smooth.
6. You can safely store this purée covered, in the fridge for 1 to 2 day. Alternatively,, freeze leftovers in 1 tablespoon portion sizes in silicon pods for up to 1 month.

Makes: 2 cups

Chicken livers are a nutritious source of iron to benefit baby health (required for children's brain development), zinc (for children's immune function), vitamin B12 and folic acid (children's neurological development), and vitamin A (general healthy baby organ development).



Baby Dhal Purée

Suitable from 8+ months

Ingredients

$\frac{3}{4}$ cup baby bone broth or water
(see our recipe)
1 small carrot, chopped
1 small zucchini, chopped
2 tablespoon red lentils
200 gm (6 $\frac{1}{2}$ ounces) pumpkin,
chopped

Directions

1. Add all ingredients to a saucepan and bring to the boil.
2. Reduce heat to low and simmer, uncovered for 15 minutes or until veggies and lentils are tender.
3. Cool slightly before blending until smooth. Push through a sieve.
4. You can safely store this purée covered, in the fridge for 1 to 2 day. Alternatively,, freeze leftovers in 1 tablespoon portion sizes in silicon pods for up to 1 month.

Makes: 2 cups

Red lentils provide your healthy baby with a bounty of protein, vitamins, minerals (especially iron) and fibre. Serving lentils alongside carrot and zucchini which are high in vitamin C will help your healthy baby absorb the iron more efficiently. The iron and vitamin C combination is especially important if your healthy baby doesn't eat meat, because vegetable sources of iron aren't as easily absorbed.



Chicken & Pea Purée

Suitable from 8+ months

Ingredients

1 chicken breast, chopped
2 small zucchini, chopped
1 parsnip, peeled and chopped
1 ¼ cups baby bone broth or water
(see our recipe)

Directions

1. Add all ingredients to a saucepan and bring to the boil.
2. Reduce heat to a simmer, uncovered and cook for 20 minutes until chicken is cooked through and veggies are tender.
3. Cool slightly and blend until smooth.
4. You can safely store this purée covered, in the fridge for 1 to 2 day. Alternatively,, freeze leftovers in 1 tablespoon portion sizes in silicon pods for up to 1 month.

Makes: 2 cups

Chicken is a great way to incorporate more protein into your healthy baby's diet. Use pureed poached meat and as your healthy baby gets better at chewing, move to small bite sized pieces. Avoid any tough or stringy cuts of meat as these might be too difficult for your healthy baby to chew or swallow.



Quinoa & Pumpkin Mash

Suitable from 8+ months

Ingredients

½ cup white quinoa
⅔ cup baby bone broth or water
(see our recipe)
200 gm pumpkin, chopped and
cooked until tender

Directions

1. Rinse quinoa in a sieve under running water and drain well.
2. Combine quinoa and bone broth or water in a saucepan and bring to the boil.
3. Reduce heat and simmer, uncovered for 10 to 12 minutes or until quinoa is tender.
4. Mash the cooked pumpkin and add to the quinoa mix. Mash to the desired consistency.

Makes: 1½ cups

Quinoa is a seed with many class as a superfood and is suitable for your healthy baby. It's nutritionally packed and high in protein to support overall childhood development. It's high in vitamins and minerals and full of fibre to benefit kids gut health and help to avoid children's constipation.



Baby Bone Broth

Suitable from 8+ months

Ingredients

1 whole free-range or organic chicken or 2 kg chicken carcasses
2 tablespoons apple cider vinegar
3 celery sticks, coarsely chopped
2 carrots, coarsely chopped
2 zucchinis, coarsely chopped
1 sweet potato, coarsely chopped
2 tablespoons coconut oil
Filtered water, sufficient to cover

Directions

1. Brown the bones in a large saucepan with coconut oil – browning adds extra flavour (optional).
 2. Place bones in a slow cooker or large saucepan.
 3. Add the chopped vegies, apple cider vinegar which helps to draw the minerals from the bones and enough filtered water to cover all ingredients.
 4. Bring to the boil and skim off the foamy bits that come to the surface.
 5. Reduce the heat and allow the broth to simmer for the next 6 to 12 hours (a slow cooker works best). The longer the broth cooks the more nutrients are drawn from the bones.
 6. Once cooked, allow to cool and strain through a fine sieve.
 7. Pour the broth into silicon moulds (use medical grade) ready for the freezer.
 8. The broth will keep in the fridge for 4 days and frozen for up to 3 months.
- Never use a broth from the fridge after its 4 days old.

Gut building baby bone broth is for healthy babies to enjoy from 6+ months. Add one or two tablespoon of broth to your healthy baby's food such as vegie purees, soups, scrambled eggs, meat sauce or add a sneaky mouthful to their bottle.



Breakfast Porridge

Suitable from 6+ months

Ingredients

½ cup rolled oats
¾ cup breast milk, baby bone broth or
milk of choice (see our recipe)

Directions

1. Combine oats and milk in a small saucepan and bring to the boil.
2. Reduce heat and simmer, regularly stirring for about 8 minutes or until liquid is absorbed.
3. If the porridge is too thick, add more liquid.
4. You can safely store this purée, covered, in the fridge for 1 to 2 days. Alternatively, freeze leftovers in 1 tablespoon portion sizes in silicon pods, covered for 1 month.

Oatmeal boasts an impressive nutritional profile for your healthy baby including a hearty amount of protein, carbohydrates, fibre, vitamins, minerals and healthy fats. While premixed packages are tempting, it's best to make your own at home.



Salmon, Cannellini & Veggie Purée

Suitable from 8+ months

Ingredients

1 large carrot, diced
1 cup fresh or frozen corn kernels
400gm can cannellini beans
110gm canned salmon
¼ cup baby bone broth or water
(see our recipe)

Directions

1. Steam carrots and corn until tender.
2. Add the cannellini beans and salmon and process until smooth. Push the mixture through a sieve.
3. You can safely store this purée, covered, in the fridge for 1 to 2 days. Alternatively, freeze leftovers in 1 tablespoon portion sizes in silicon pods, covered for 1 month.

Makes: 1½ cups

Mashed Cannellini beans are a rich source of iron which your healthy baby needs for their baby brain development and to keep their blood cells healthy. Salmon is high in essential fatty acids which also supports optimal children's brain development.



Steamed White Fish & Veggie Purée

Suitable from 6+ months

Ingredients

150gm skinless firm white fish
fillet
1 cup vegetables of choice,
chopped
¼ cup baby bone broth or water
(see our recipe)

Directions

1. In a steamer over a saucepan of simmering water with the lid on, cook the vegetables until tender. Remove
2. Add the fish and cook for approximately 5 minutes or until cooked through.
3. Blend the fish and vegetables with the bone broth or water until smooth.
4. You can safely store this purée, covered, in the fridge for 1 to 2 days. Alternatively, freeze leftovers in 1 tablespoon portion sizes in silicon pods, covered for 1 month.

Fish is a wonderful source of high-quality protein to support overall your healthy baby including children's brain development and children's immune function.

Meet Melbourne Naturopath Fiona Stock

Fiona is skilled at getting to the heart of childhood health challenges – helping to initiate lasting change.

Fiona Stock is a respected Paediatric Naturopath & Children's Nutritionist with a career spanning over 23 years. Armed with an abundance of experience and a true desire to transform your child's health, she'll listen closely to understand the underlying causes of their troubling condition.

Fiona gets to the heart of your child's presenting symptoms by deciphering what their body is trying to tell you. She will suggest simple and specific changes as well as herbal or nutritional medicine where required to nurture and restore your child, so they can enjoy the good health they deserve.

Deeply compassionate and highly skilled, either of the [Naturopathic Consultation Options](#) with Fiona is a wonderful investment in your child's health.

If you've tried everything and are yet to find solutions to your child's health challenges – this could well be the path to take.

