



## Stage 1 - Weaning Recipes



Carrot

Makes

20-25  
tsp



**Ingredients**  
200g carrots

**Method**

Wash, peel and chop the carrots add to the steamer blender steam for 15 minutes, keep water or drain off to your preference, then blend for 2 minutes to a smooth puree



Broccoli

Makes

20-25  
tsp



**Ingredients**  
200g broccoli

**Method**

Wash and chop the broccoli add to the steamer blender steam for 15 minutes, keep water or drain off to your preference, then blend for 2 minutes



Pea

Makes

20-25  
tsp



**Ingredients**  
200g peas  
(at later date add a few mint leaves for a different taste)

**Method**

Add 200g of peas to the steamer blender, steam for 15 minutes, keep water or drain off to your preference, then blend for 2 minutes



## Stage 1 - Weaning Recipes



Apple

### Makes

20-25  
tsp



### Ingredients

200g apple – 1 large or 2 small

### Method

Wash, peel, core and chop the apple, add to the steamer blender, steam for 15 minutes, keep water or drain off to your preference, then blend for 2 minutes.



Avocado

### Makes

1  
serving

### Ingredients

½ small ripe avocado

### Method

No need to cook, just choose a ripe avocado and mash it up or blend it to a smooth puree. It has an unusual texture but is so full of goodness.



## Stage 2 - Simple Combinations



### Pear and blueberry

#### Makes



#### Ingredients

1 large pear, 25g blueberries

#### Method

Wash, core and chop a large pear, add to the steamer blender with 25g of fresh blueberries. Steam for 15 minutes, drain off any excess water, then blend for 20- 30 seconds.

This is great to add to natural yoghurt as an alternative dessert.



### Apricot and prune

#### Makes



#### Ingredients

175g fresh apricots  
25g dried prunes

#### Method

Wash, de-stone and chop the apricots, add to the steamer blender with 25g of dried prunes. Steam for 15 minutes, drain off any excess water, then blend for 20- 30 seconds.

Can be stirred into porridge, is also great for constipation.



### Supergreen vegetable puree

#### Makes



#### Ingredients

50g pear, 50g broccoli,  
50g peas, 40g courgette  
10g spinach

#### Method

Wash and chop the vegetables. Add to the steamer blender, steam for 15 minutes, drain off any excess water, then blend for 20-30 seconds.

We all know we need to eat our greens, they can be a little bit bitter the addition of pear helps balance the flavours.



## Stage 2 - Simple Combinations



### Carrot and sweet potato puree

#### Makes



#### Ingredients

100g sweet potato  
90g carrot  
10g spinach

#### Method

Wash peel and chop the sweet potato and carrot. Add to the steamer blender with the spinach. Steam for 15 minutes, drain off any excess water, then blend for 20-30 seconds.



### First chicken and vegetable puree

#### Makes



#### Ingredients

50g chicken breast, 50g carrot,  
50g parsnip, 50g broccoli

#### Method

Dice the chicken breast and add to the steamer blender cook for 10 minutes. Wash peel and chop the parsnip and carrot, wash and chop the broccoli. Add the vegetables to the steamer blender and steam for a further 15 minutes. Drain off any excess water and blend for 20-30 seconds.



## Stage 3



### Chickpea and vegetable stew

#### Makes

2-4 servings



#### Ingredients

50g chickpeas (tinned)  
70g butternut squash  
50g chopped fresh tomatoes  
15g red onion  
15g spinach  
¼ glove of garlic  
Pinch of mild curry powder (optional)

#### Method

Wash peel and chop the butternut squash, wash the broccoli, spinach. Add all of the ingredients into the steamer blender and steam for 15 minutes, drain off any excess water and blend for 4-10 seconds. Mix with some cooked basmati rice to serve.



### Sweet potato fish pie

#### Makes

2-4 servings



#### Ingredients

50g salmon fillet  
(white fish works just as well)  
100g sweet potato  
50g peas

#### Method

Peel and chop the sweet potato, remove the skin from the salmon and check for bones. Add all of the ingredients to the steamer blender and steam for 15 minutes, drain off any excess water and blend for 4-10 seconds.



## Stage 3



### Chilli con carne

#### Makes



#### Ingredients

- 50g lean beef mince
- 25g onion
- 25g red pepper
- 25g red kidney beans (tinned)
- 50g chopped fresh tomatoes
- Pinch of chilli powder (optional)

#### Method

Add the lean mince, diced onion and red pepper to the steamer blender. Steam for 10 minutes, drain excess water and stir the mixture. Add the kidney beans and chopped tomatoes and pinch of chilli powder if using, steam for a further 15 minutes. Drain off any excess water and blend for 4-10 seconds. Mix with some cooked basmati rice to serve.



### Chicken Ratatouille

#### Makes



#### Ingredients

- 50g chicken breast
- 50g courgette
- 10g red onion
- 25g red pepper
- 40g butternut squash
- 25g chopped tomatoes
- ¼ clove of garlic

#### Method

Chop the chicken breast, red onion, red pepper and butternut squash and add to the steamer blender. Steam for 10 minutes, drain excess water and stir. Add the remaining ingredients and steam for a further 15 minutes, drain off any excess water and blend for 4-10 seconds. Mix with cous cous to serve.