

BREAKFAST

SINGLE GRAIN CEREAL

6-12 months

Iron-enriched baby cereal will be your baby's first food, and remains a good part of her diet for the first 2 years of life. The cereal should be quite runny. You'll be mixing the cereal with either expressed breast milk or infant formula and you want your baby to be able to swallow it easily. Whatever you do, don't sprinkle sugar on it. Once your baby gets the knack of it, she'll like the cereal just as is.

1 / 2 teaspoon cereal

1 / 2 teaspoon breast milk or infant formula

Stir and serve

FRUIT SMOOTHIES

9 months & up

A great way to get even the fussiest eaters to swallow some fruit, yogurt, tofu, milk – all the good stuff!

1 banana

1 / 4 smooth silken tofu

1 / 4 teaspoon of vanilla

Put all ingredients in the blender and puree till smooth. Babies love to sip this from a cup or straw.

DINNER

MACARONI AND CHEESE

12-18 months

Who doesn't love pasta. This dish will quickly become a favourite for the whole family.

Sauce

- 2 tablespoons (30 ml) oil
- 2 tablespoons (30 ml) whole-wheat flour
- 1 / 2 cup (125 ml) whole milk
- 1 / 2 cup (125 ml) chicken stock
- 1 cup (250 ml) grated cheese such as mild cheddar

2 cups (500 ml) cooked pasta, such a macaroni, or for small babies, you can use soup pasta like stars or alphabet

Heat oil in a saucepan over medium-high heat. Add flour and cook 2 minutes. Gradually pour in milk and stock, and simmer until the sauce thickens, about 5 minutes. (You may have to remove from heat) Gently stir in grated cheese. Pour sauce over the cooked pasta.

PUREE OF BEEF

9 months & up

If you're going to make your own purees, the meats should be on your list. Commercial pureed meats are not always popular with babies while the homemade variety can be much more yummy.

- 8 ounces beef cubes
- 1 / 2 cup each peeled and diced carrots and potatoes
- 1 / 2 cup chopped celery

Place beef and 2 1/4 cups of water into a saucepan. Simmer for about 20 minutes. Add celery, carrots and potatoes and cook another 20 minutes or until tender. Remove from heat and cool slightly. Separate the beef from the vegetables and puree until nice and smooth. Vegetables can be pureed separately or along with the beef. Makes one full ice cube tray of beef puree.