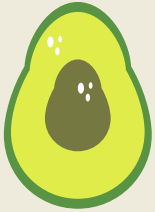


Meal Ideas for Baby Weaning

6 months & older

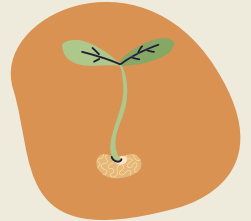


AVOCADO MASH

mix with quinoa or cottage cheese for added nutrients

HUMMUS DIP

blend garbanzo beans with oil, spinach, & lemon juice



YOGURT & BERRY MASH

mix yogurt with a blended berry mash

BROCCOLI EGG BITES

mix eggs, cheese and broccoli into a muffin pan and bake



BANANA PANCAKES

combine ripe bananas, egg, flour and cinnamon and cook on a pan

MANGO APPLESAUCE

blend apples, mango and lemon juice until a creamy consistency



TURKEY MEATBALLS

mix ground turkey with cooked carrots and celery; form into a ball and bake

CAULIFLOWER CHEESE CAKES

lightly blend bread, cauliflower, egg, & cheese; shape into patties and bake



ROASTED BUTTERNUT SQUASH PUREE

roast squash and garlic with spices, blend with milk

ORANGE GINGER BABY CARROTS

saute carrots with butter, ginger, and orange zest



For more recipe ideas visit:
<https://www.shfb.org/nutrition-center/>



SECOND HARVEST
of SILICON VALLEY