

ORGANIC BABY FOOD RECIPES



Buying organic food can be more expensive than non-organic. But if you have a baby or toddler and can afford it, you will give your child a great start. This is because at this stage in life their organs, and especially their brains are still developing. This means that they are even more at risk from the damage that pesticides and chemical fertilisers can do.

Early Healthy Eating

You are also training their little taste buds to eat healthier. Especially if you add in lots of organic vegetables to the meals that you feed your child. The vegetables that traditionally people tend to dislike are the best. Include cabbage, cauliflower, kale, spinach and Brussel sprouts. These are the vegetables that give protection against illness in future life.

Children that eat these vegetables are also less likely to develop a taste for sugar, which can cause all sorts of problems to health in later life. What better gift can you give your child than good health?

Purees

The first recipes that your organic baby will enjoy are purees. These can be eaten alone or mixed together. They can be stored in a sealed container in the fridge. Alternatively, you can freeze in an ice cube tray. Then just take out one at a time as you need.

Raw organic fruit puree – blueberries, strawberries, mango, banana, avocado, peach, melon, watermelon

Fruits and berries are the worst non-organic foods that you can eat. This is because they have a soft skin so more chemicals are sucked up into them. Why not grow your own at home so you can guarantee they are organic?

Peel fruit (if applicable)

Put in a blender with a little fresh, filtered water, breast milk or formula milk. (Up to 12 months). Once a child is over 12 months you can use other milks such as cows, soy, and oat or nut milks.

Blend until smooth.

Cooked organic fruit puree – apple, plum, rhubarb,

Peel fruit (if applicable)

Cut into 1” size chunks.

Put into a saucepan with a little water and cook gently until softened.

Blender with water or milk (as above).

Organic vegetable puree – butternut squash, sweet potato, carrot, parsnip, peas

Peel and chop vegetable into even pieces.

Boil in water or better still steam to keep all the goodness in.

Blend until smooth, adding milk or water if needed.

These vegetables are quite mild in taste and even a little bit sweet. They are ideal to start with but why not add steamed organic spinach, broccoli, asparagus or kale. These will help train your child's tastes and also increase the amount of vitamins and minerals. Organic beetroot, peeled and roasted is another vegetable full of goodness.

To literally mix it up a bit you can add fruit puree to vegetable puree. Beetroot and blackberries (picked from the hedgerow) or blueberries is one idea. Or mango and carrot. The options are only limited by your imagination.

Eggs

Organic, free-range eggs are a perfect food for your growing toddler. Beware that some babies are allergic to egg. Always let cooked foods cool before feeding to your child.

Cook whole egg in boiling water for 4 minutes.

Break egg into a mug with a splash of milk of choice. Whisk with a fork. Pop into the microwave for 15 second intervals. Stir and check if cooked. Serve once set and cooled.

Solid food

When your child is able to eat solid food you can stew organic vegetables together. An ideal recipe includes organic or home-grown potatoes, sweet potatoes, carrots, parsnips and swedes.

Peel and chop into even chunks. Gently cook in a saucepan or slow cooker with some water and a low-salt stock cube. Add bunches of organic herbs. Rosemary, thyme or parsley add extra flavour and nutritional benefit.

Once soft, remove herbs. Mash vegetables gently with a fork or masher.

If you eat organic food as a family, many savoury meals can be mashed or pureed for your child. But make sure you do not add salt.

Extra Protein

Start thinking about adding meat and fish for protein. Fish is ideal as it is softer and easier to digest. Fish is also a food that many people tend not to eat enough of. So adding it to your child's meals early gets them used to the flavour. White fish is ideal to start with but make sure it is line-caught from the sea and not farmed. Grass fed ground beef or organic, free-range chicken are the best options.

Bake fish in an oven-proof dish for 20 minutes. Or it can be poached in milk. Break up gently with a fork. Ground beef or chicken (cut up into 1" chunks) can be gently cooked in a pan with a few vegetables and low-salt stock. Blend to break down into a puree that baby can enjoy.

Teething

Once your child's teeth start coming through they are able to chew. But the pain can be upsetting for your child. Why not give your child a stick of chilled organic celery or carrot to suck. This soothes their sore gums. Make sure not to leave them alone whilst doing this in case they bite a chunk off, which is liable to make them choke.