

SPOONS & STEPS

First tastes, shared meals

BABY RECIPE BOOK / 6 MONTHS+



70 recipes for everyday feeding

Four-week plans · Weekly shopping lists · Simple steps

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Medical disclaimer

This book provides general cooking and feeding information. It does not replace personalised advice from a qualified paediatric clinician or dietitian, diagnose allergy or guarantee that a food is suitable for an individual child.

Speak to your child's clinician before using the plans if your child was born prematurely, has growth concerns, swallowing or feeding difficulties, eczema, a diagnosed food allergy or a condition requiring a special diet. Use corrected age and individual feeding advice where appropriate.

An age label is a guide to preparation, not a test of readiness. Your child's ability to sit upright, coordinate food and swallowing, and manage the served texture matters more than the recipe number.

Stop feeding a suspected food and seek medical advice after a reaction. Breathing difficulty, tongue or throat swelling, collapse or unusual floppiness require immediate emergency help. Call your local emergency number. Do not retry a suspected allergen at home without advice. [4]

Ingredient benefits describe general food contributions. They are not measured nutrient values or promises of health outcomes. Yields and preparation times are estimates. Follow your child's appetite rather than a fixed portion target.

How to use this book

Choose a section, check the recipe's allergens, then read the entire method. Introduce a new ingredient separately in a safe form before using it in a mixed dish. Use the introduction planner for common allergens; no food is guaranteed allergy-free.

Each card gives the ingredients, steps, timing, yield, allergens and a practical variation. Dish notes cover the preparation details that matter for that recipe. Shared cooking, texture and storage rules are in the guides; a storage note on a card adds an exception or batch tip.

Use variations with familiar ingredients. Check their allergens and cook replacement vegetables until soft, allowing longer for hard roots. Shopping lists cover the base recipes.

Measurements: weigh prepared edible ingredients after peeling, coring, trimming or draining. Meat and fish are raw unless labelled cooked. Grain weights are dry unless labelled cooked. Egg weights exclude the shell; 50 g is approximately one medium egg and 18 g approximately one yolk. Use water as needed for a safe moist texture. Extra steamer or pasta-pan water is separate from the measured water in a dish.

Use plain full-fat pasteurised dairy. Choose no-salt pulses and tomatoes, low-salt bread and smooth unsweetened nut or seed butters. Water replaces stock in the base recipes. Cook without added salt or sugar.

Breast milk or correctly prepared first infant formula can be used to thin a serving after cooking and cooling. Do not boil it, add formula powder directly to food, or change the formula's mixing ratio. Prepare only the serving needed and discard feeding leftovers. Formula may add milk, soya or another allergen: check its label.

Times start from the ingredient state listed. Prepared ingredients need extra cooking time first. Allow time for preheating and cooling. Oven temperatures are conventional; follow your oven's instructions for fan equivalents.

Feeding & texture guide

Start around six months when your baby shows readiness. Continue usual breast milk or first infant formula feeds. Start with a small amount of food once daily and build gradually. By around seven to nine months, many babies move towards three meals; the first four weeks of solids do not automatically mean three meals. [1, 2] Offer sips of water with meals from an open or free-flow cup. [1]

Guide tag	How to use it
6m+ base	All 70 recipes have a smooth base suitable from around six months when ready and individual ingredients are tolerated. Egg, meat, fish and thinned peanut are not later-stage foods just because they contain protein or allergens.
7m+ mash	Fork-mash rather than blend when your baby manages soft lumps. Keep food moist and progressively increase texture.
9m+ texture step	Use coarser mash and offer a soft side from the same ingredients. A cooked broccoli floret or potato finger can support self-feeding. Grasping skills vary.

These tags are options on every card, not fixed start dates or instructions to delay textures. Finger foods can be offered from the start when safely prepared. For a baby who is ready to grip food, offer soft pieces about the size of your finger, which flatten easily between finger and thumb. Do not use hard raw apple or carrot. [1, 2, 9]

Rotate iron-containing foods such as meat, lentils, pulses, egg and fish. Fruit and vegetable bowls are sides or tastes, not complete replacements for protein-rich meals. Babies under one generally do not need snacks; offer usual milk feeds between meals. [1, 2]

Seat your child upright and supervise throughout eating. Avoid whole nuts, popcorn, hard sweets and thick spoonfuls of nut butter. Never give honey before twelve months. Learn age-appropriate choking first aid. [9]

Allergen introduction guide

Introduce common allergens one at a time, in a small amount, when your child is well and you can observe them. An oral introduction is different from putting food on the skin. Begin with a food on its own in a safe form or in a familiar food. Do not first introduce an allergen in a dish containing several unfamiliar foods. [4, 5]

The planner uses a three-day observation block for a new allergen before starting another. Once tolerated, keep that food in regular rotation, ideally at least twice weekly where it fits the family diet. Continue familiar foods without restarting their introduction blocks. [5]

Do not delay egg or peanut until a later age section. Both can be introduced from around six months in safe forms. If your child has eczema, an existing food allergy or a previous reaction, agree an introduction plan with their clinician first. [4, 5]

Food	Safe introduction form
Egg	Fully cooked, finely mashed egg with water or familiar purée.
Peanut / tree nuts	Smooth 100% butter, well thinned. Introduce each nut separately; tolerance to one does not establish tolerance to all.
Milk	Plain full-fat pasteurised yoghurt or milk mixed into food. Cow's milk is not the main drink before one.
Sesame	Smooth tahini thinned into familiar food.
Wheat / soya	Soft cooked wheat cereal or plain cooked silken tofu, one at a time.
Fish / shellfish	Fully cooked, finely mashed and carefully bone- or shell-checked. Fish and shellfish are separate allergen groups.

Read every label, including bread, pasta, hummus, dairy, butter and optional formula. “None listed” means none of the common allergens identified in the specified base recipe; any food can still cause a reaction. [4]

Cook, cool & store

Wash hands and produce, keep raw meat away from ready-to-eat food and use clean serving utensils. Keep the fridge at 5°C or below and freezer at -18°C or below. Cool cooked food promptly in small shallow portions. [6]

This book uses a conservative 24-hour refrigerated limit and one-month freezer quality target for cooked dishes. Cool and refrigerate within two hours. Rice needs faster handling: cool within one hour and use refrigerated rice within 24 hours. Only store untouched food; discard anything from the child's bowl. [6]

Thaw in the fridge. Use within 24 hours of defrosting. Reheat cooked food once until steaming throughout, stir, then cool and check the temperature before serving. Do not reheat rice more than once. Never refreeze food that has thawed. [6]

For freezer batches, use freshly cooked ingredients where a card calls for cooked meat, fish or grains. If you start with chilled cooked food and heat it again in the recipe, that is its one reheat: serve it now and discard leftovers.

Use a food thermometer: cook poultry, minced meat, egg dishes and reheated meals to 75°C; fish to 63°C. Check the thickest centre. Egg whites and yolks should be set. [7]

Freeze plain cooked bases before adding breast milk, formula, raw avocado or yoghurt. Add those at serving where the recipe permits. Keep cold fruit–yoghurt, avocado and soaked chia mixtures chilled and use within 24 hours. Where a card has no storage note, follow the cooked-food limits above.

Cook vegetables and grains until they crush easily. Keep purées moist and move towards soft lumps as your baby's skills develop. Dish notes highlight skins, bones and long fibres.

Week 1 meal plan

Keep normal milk feeds and offer the main taste once daily. The familiar-food column can be part of the same sitting. Adjust the pace to your baby’s appetite and feeding skills.

Day	Main taste / card	Optional familiar food	Focus
1	F1 Broccoli first taste	Usual milk feeds; no extra solid meal required.	Broccoli
2	F2 Plain oat spoonful	Usual milk feeds; no extra solid meal required.	Oats
3	F3 Banana first taste	Usual milk feeds; no extra solid meal required.	Banana
4	F4 Plain lentil spoonful	Usual milk feeds; no extra solid meal required.	Lentils
5	F5 Carrot first taste	Usual milk feeds; no extra solid meal required.	Carrot
6	01 Creamy Oat & Banana	Usual milk feeds; no extra solid meal required.	Combine familiar oats and banana
7	17 Carrot & Lentil Purée	Usual milk feeds; no extra solid meal required.	Combine familiar carrot and lentils

Allergen maintenance

No established allergen rotation is assumed.

Prepare once, portion for the week

The shopping list counts one batch of each different card or foundation taste. Freeze spare cooked portions promptly for repeat meals. Prepare cold mixtures fresh, dividing their weekly ingredients between servings.

Week 1 shopping list

One batch of each selected recipe. Produce weights are after trimming; cooked weights are after cooking. Buy enough whole produce to allow for peel and cores.

- ☐ 80 g banana, peeled and mashed
- ☐ 30 g broccoli florets
- ☐ 105 g carrot, peeled or trimmed and finely diced
- ☐ 35 g dry red split lentils, rinsed
- ☐ 30 g rolled oats

Add your usual milk feeds, drinks and any extra family portions to this list.

01 Creamy Oat & Banana



PREP & COOK 10 min | **EFFORT** Easy

Ingredients

20 g rolled oats

50 g banana, peeled and mashed

120 ml water, plus more to adjust texture

Easy steps

1. Bring the measured water to a gentle simmer in a small saucepan.
2. Stir in the oats and cook over low heat for 5–7 minutes until tender and creamy.
3. Remove from heat, fold in the mashed ripe banana, and purée or mash to desired consistency.
4. Allow to cool to lukewarm before serving.

YIELD & PORTIONS Estimated 140–180 g finished food. Offer a small taste, then more to appetite.

ALLERGENS Oats (check gluten cross-contact)

WHAT IT OFFERS Oats give this banana bowl a starchy base, while mashed banana adds sweetness without added sugar.

DISH NOTES Oats thicken as they cool: loosen the finished bowl with a little water before serving.

TRY A VARIATION Use very ripe banana for a softer, sweeter oat bowl.

FOR THE FAMILY Cook extra oats and keep adult banana slices separate before mashing the baby's serving.

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02 Apple Cinnamon Oatmeal



PREP & COOK 15 min | **EFFORT** Easy

Ingredients

- 20 g rolled oats
- 75 g apple, peeled or trimmed and finely grated
- 120 ml water, plus more to adjust texture
- A pinch of ground cinnamon

Easy steps

1. In a small saucepan, combine the grated apple and water. Simmer covered for 5 minutes until apple is soft.
2. Stir in the oats and cinnamon. Cook over low heat for another 5 minutes, stirring frequently.
3. Purée with an immersion blender for beginners or mash gently for older babies.
4. Cool thoroughly and test temperature before feeding.

YIELD & PORTIONS Estimated 160–200 g finished food. Offer a small taste, then more to appetite.

ALLERGENS Oats (check gluten cross-contact)

WHAT IT OFFERS Cooked apple adds fruit fibre to oats, with cinnamon giving a different aroma without sweetening the bowl.

DISH NOTES Cook the grated apple until it disappears easily into the oats; use only a pinch of cinnamon.

TRY A VARIATION Replace half the apple with peeled, softly cooked pear.

FOR THE FAMILY Reserve some cooked apple to spoon over the adults' porridge.

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