

SPOONS & STEPS

Small plates, family favourites

TODDLER RECIPE BOOK / 1 YEAR+



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 and vegetarian cheeses. 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.

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

Offer three meals and up to two suitable snacks, with small servings and more to appetite. Whole pasteurised cow's milk can be a main drink from one year; continue breastfeeding if desired. Use plain full-fat dairy under two and offer water regularly. Milk should not crowd out meals. [3, 10]

Serve soft family food. Remove bones, stones and hard crusts. Crush peas, beans, corn and berries. Cut soft food to suit chewing and grasping, and flatten or crumble meatballs instead of serving round balls. A birthday alone does not make a texture safe. [3, 9]

The four-week plan is a family-meal transition plan for children already eating solids. It is not a first-solids plan. If your child has never tried an ingredient, introduce it separately before using that recipe.

Choose lower-mercury fish. FDA guidance uses two weekly servings from its Best Choices list and about 28 g per serving for ages one to three. The plans use two fish meals per week; freeze spare portions for another week. [8]

Seat your child upright and supervise throughout eating. Avoid whole nuts, popcorn, hard sweets and thick spoonfuls of nut butter. Keep added sugars, including honey, out of these everyday meals. 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]

Keep tolerated egg, peanut and other allergens in regular meals. Introduce an unfamiliar allergen separately in a safe form. If your child has eczema, a known allergy or a previous reaction, agree a plan with their clinician. [4, 5]

Food	Safe introduction form
Egg	Fully cooked egg, mashed or cut into soft manageable pieces.
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 whole milk. Whole cow's milk can be a main drink from one year.
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.
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Read every label, including bread, pasta, hummus, dairy, butter and sauces. “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 cooked bases before adding raw avocado or yoghurt; add those at serving where the recipe allows. Keep cold fruit, yoghurt and soaked chia mixtures chilled and use within 24 hours. Other cooked dishes follow the limits above.

Cook vegetables and grains until they crush easily. Cut or break family food into soft pieces to suit your child's chewing and grasping. Dish notes highlight skins, bones and long fibres.

For pancakes, muffins and patties, freeze cooled pieces in a single layer before packing. Separate layers with baking paper and take out only the portion needed.

Week 1 meal plan

Ten recipes, repeated through the week. Offer small servings and more to appetite. All ingredients should already be tolerated.

Day	Breakfast	Lunch	Dinner
1	01 Banana Oat Pancakes	23 Chicken Veggie Rice	28 Sweet Potato Lentil Bowl
2	03 Berry Yoghurt Oats	24 Beef Tomato Pasta	57 Chickpea Veggie Patties
3	05 Scrambled Egg & Avocado	23 Chicken Veggie Rice	28 Sweet Potato Lentil Bowl
4	01 Banana Oat Pancakes	24 Beef Tomato Pasta	57 Chickpea Veggie Patties
5	03 Berry Yoghurt Oats	26 Salmon Pea Pasta	23 Chicken Veggie Rice
6	05 Scrambled Egg & Avocado	28 Sweet Potato Lentil Bowl	24 Beef Tomato Pasta
7	01 Banana Oat Pancakes	26 Salmon Pea Pasta	57 Chickpea Veggie Patties

Two fish meals are included. Use the batch page for the quantities to prepare and the shopping list for what to buy.

Week 1 shopping list

Rounded purchase amounts for the batches and snack allowance. Weigh the prepared amount on each card; extra food is for the family. Check your cupboard first.

Apples, whole — 200 g

Avocados, whole — 150 g

Baking powder — one packet, if needed

Bananas, whole — 750 g

Blueberries — 50 g

Broccoli florets — 200 g

Carrots — 200 g

Chia seeds — 10 g

Courgette — 150 g

Dry red split lentils — 150 g

Dry rice — 50 g

Dry small wheat pasta, egg-free — 150 g

Frozen peas — 75 g

Ground cinnamon — one jar, if needed

Lean beef mince — 150 g

Lemon — 1

Medium eggs — 8

No-salt canned chickpeas (drained amount) — 200 g

Buy usual milk and drinks separately. For canned foods, compare the drained weight on the label. Use spare egg whites for the family.

01 Banana Oat Pancakes



PREP & COOK 20–30 min | **EFFORT** Easy | allow for pan batches

Ingredients

- 115 g banana, peeled and mashed
- 1 medium egg (about 50 g without shell), beaten
- 30 g rolled oats
- 30 ml whole pasteurised milk
- 5 ml olive oil

Easy steps

1. Grind the rolled oats finely in a blender. In a medium bowl, whisk mashed banana, egg, ground oats, and milk until a smooth, thick batter forms.
2. Heat a non-stick frying pan over medium-low heat and lightly grease with the measured olive oil.
3. Drop 15–30 ml of batter per pancake. Cook for 2–3 minutes until small bubbles appear on top, then flip and cook 1–2 minutes until golden and cooked through.
4. Cool to lukewarm, then slice into finger strips or bite-size pieces.

YIELD & PORTIONS Estimated 170–220 g finished food. About 2 small portions.

ALLERGENS Egg; Milk; Oats (check gluten cross-contact)

WHAT IT OFFERS Banana binds and sweetens these oat pancakes, while egg contributes protein.

DISH NOTES Grind the rolled oats first; cut a pancake open to check that the centre is set rather than wet.

TRY A VARIATION Add a pinch of cinnamon; keep the banana for binding.

FOR THE FAMILY Cook a larger pancake batch for breakfast and offer adult toppings at the table.

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03 Berry Yoghurt Oats



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

Ingredients

30 g rolled oats
 160 ml water, plus more to adjust texture
 60 g plain full-fat pasteurised yoghurt
 35 g berries, blueberries or strawberries, crushed

Easy steps

1. Simmer oats in water over medium-low heat for 5–6 minutes until thick and soft. Remove from heat and allow to cool slightly.
2. Stir the cool whole-milk plain yoghurt into the warm oats until creamy. (Do not cook the yoghurt).
3. Top with berries crushed thoroughly.
4. Mix gently and serve at comfortable room temperature.

YIELD & PORTIONS Estimated 210–270 g finished food. About 2 small portions.

ALLERGENS Milk; Oats (check gluten cross-contact)

WHAT IT OFFERS Yoghurt adds calcium and protein to berry-flavoured oats.

DISH NOTES Crush every berry and stir the yoghurt in after the oats have cooled slightly.

STORE & FREEZE Freeze the cooked oat-and-fruit base separately; add yoghurt after reheating and cooling.

TRY A VARIATION Use crushed raspberries instead of the mixed berries; sieve seeds if necessary.

FOR THE FAMILY Cook extra oats, then let everyone stir berries and yoghurt into their own bowl.

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