

Finger Food Recipes

Family food recipes

You can begin to offer finger foods and foods cut into pieces that your baby can pick up as soon as they can sit up by themselves.

Cut up family foods into finger food sizes that your baby can pick up.



Tofu and vegetable patties

3 tablespoons mashed tofu
¾ cup of mashed cooked vegetables for example sweet potato, carrot and zucchini
2 tablespoons rice flour
oil for cooking for example olive

What to do

1. Mix ingredients in a small bowl.
2. Shape into patties with your hands.
3. Heat a lightly oiled pan on the stovetop and cook patties until warmed through and lightly browned on each side.
4. Serve warm or cold.



Meatballs

250 g lean mince
½ onion finely chopped
½ carrot finely grated
1 egg, beaten
¼ cup quick oats

What to do

1. Preheat oven to 180°C.
2. Mix all ingredients in a bowl.
3. Shape teaspoons of the mixture into balls.
4. Put on a lined baking tray and bake until brown (about 20 minutes).
5. Check they are cooked through to the middle.
6. Serve warm or cold.

Fish balls

2 large potatoes peeled and cut up
1 spring onion finely cut up
180 g can tuna (in springwater)
½ carrot, grated
small zucchini, grated
1 egg
plain flour for coating
oil for cooking

What to do

1. Cook potatoes in water until soft, then drain.
2. Mash potatoes in the pot until smooth.
3. Add rest of ingredients, except flour.
4. Shape into about 12 balls then roll in flour.
5. Cook in a lightly oiled pan on the stovetop until lightly browned all over.
6. Serve warm or cold.

Brown rice and nut balls

1 cup brown rice
2 cups water
2 tablespoons plain flour
1 egg, beaten
½ cup grated cheese
1 tablespoon chopped parsley or chives (or 1 teaspoon dried)
¼ cup nut paste (no added sugar/salt)
breadcrumbs (for coating)

What to do

1. Mix water and rice in a pot and bring to the boil on the stovetop.
2. Once boiling, cover pot with lid and reduce heat to low.
3. Cook for 30-35 minutes until all water is absorbed and rice is cooked. Allow to cool.
4. Preheat oven to 180°C.
5. Blend all ingredients together in a food processor or mix well with a potato masher.
6. Roll into balls and coat with breadcrumbs.
7. Put on a lined baking tray and bake until golden (about 20 minutes).