

First Foods Vegetarian Recipes

Recipe ideas

Introduce these foods from around six months but not before four months.

These recipes make enough for about two to four meals depending on your baby's appetite.



Scrambled egg

- 1 egg, beaten
- 2 tablespoons milk
- oil for cooking such as olive

What to do

1. Mix the egg and milk together with a fork.
2. Put a small amount of oil in a pot. Pour in egg mixture.
3. Cook on stovetop stirring slowly until just thickened.
4. Serve warm.



Cheesy beans and vegetables

- ½ cup cooked pumpkin or sweet potato
- ½ cup canned or cooked cannellini or red kidney beans (no added salt)
- 1 teaspoon grated cheese or ricotta

What to do

1. Mix all ingredients together with a stick blender or fork until smooth.
2. Serve warm or cold.
3. Suitable to freeze.

Nutty vegetables

½ cup cooked vegetables

2 teaspoons smooth peanut butter
(no added salt or sugar)

What to do

1. Mix all ingredients together with a stick blender or fork until smooth.
2. Serve warm or cold.
3. Suitable to freeze.

Vegetables and tofu

½ cup tofu

½ cup cooked vegetables (for example pumpkin)

What to do

1. Mix the tofu and vegetables together with a stick blender or fork until smooth.
2. Serve warm or cold.
3. Suitable to freeze.