baby food recipes

10 simple and delicious recipes incorporating tree nuts

All recipes are aimed at infants 6–8 months of age. Recipes can be modified by either pureeing or leaving lumpier depending on the developmental needs of your baby.
hazelnut and fruit crumble pots

1 cup (150g) hazelnuts, roughly chopped
4 apples, peeled and chopped
squeeze lemon juice
410g can apricot halves in natural juice, drained
⅔ cup (60g) quick oats
1 ½ tablespoons brown sugar
¼ teaspoon ground cinnamon
50g unsalted butter, chopped

1. Preheat oven to 180°C.
2. Place the apples in a small saucepan over medium low heat with a squeeze of lemon juice and ½ cup water. Simmer covered for 15–20 minutes or until soft. Remove from heat, cool slightly then place in a food processor with the apricots. Pulse until desired texture. Transfer to small ovenproof cups or ramekins.
3. Place the hazelnuts, oats, brown sugar, cinnamon and butter in clean food processor and pulse until finely ground. Scatter over the top of the apple and apricot mixture.
4. Bake the crumbles for 15 minutes or until golden, cool slightly and serve.

NUTRITION INFORMATION
(per serve)
Energy ..........1515 kJ (362 kcals)
Protein ...............5.9g
Fat .....................23.3g
Saturated fat ..........5.4g
Carbohydrate ...........30g
Sugars ..................22g
Fibre .....................6.7g
Sodium .................5.7mg

KITCHEN NOTES
• For younger babies, blend the fruit and the crumb mixtures until smooth.
• Substitute hazelnuts with pecans or walnuts if desired.

Preparation: 15 minutes
Cooking: 30 minutes
Freeze: Up to 2 months

Makes 6 serves
vegetable and walnut bake

1 cup (100g) walnuts, roughly chopped
1 cup (350g) cauliflower florets
¼ cup (250g) broccoli florets
400g can cannellini beans (whitebeans), rinsed and drained
1 cup (95g) finely grated tasty cheese

1. Preheat oven to 180°C.
2. Steam the cauliflower and broccoli until tender. Cool slightly then place in a food processor with the beans and ¼ cup water and pulse until desired texture. Transfer to a medium size ovenproof dish.
3. Place the walnuts in clean food processor and pulse until finely ground. Remove and combine with grated cheese. Sprinkle over the vegetable mix.
4. Bake for 15 minutes, cool slightly and serve.

KITCHEN NOTES
• Substitute walnuts with pecans or almonds if desired.
• For younger babies, blend the mixtures until smooth.
• Try adding cooked quinoa or brown rice to the vegetable mix rather than cannellini beans.

Makes 6 serves

NUTRITION INFORMATION
(per serve)
Energy .................. 1362 kJ (326 kcals)
Protein ..................... 17.4g
Fat ......................... 22.3g
Saturated fat ............. 7.3g
Carbohydrate .......... 10g
Sugars .................... 3.2g
Fibre ..................... 8.1g
Sodium ................... 395mg
cashew, pea and mint pesto pasta

1. Cook the peas in a saucepan of boiling water for a few minutes then remove from the pan and drain.
2. Place the cashews and mint in a food processor and pulse until combined and finely ground. Add the peas and olive oil and continue processing until finely chopped. Stir through the cheese, lightly season and set aside.
3. Cook the risoni according to packet instructions or until soft. Drain and stir through the cashew and pea pesto. Serve.

NUTRITION INFORMATION (per serve)
- Energy: 1724 kJ (412 kcals)
- Protein: 13.3g
- Fat: 17.6g
- Saturated fat: 4g
- Carbohydrate: 48g
- Sugars: 1.4g
- Fibre: 4.7g
- Sodium: 55.3mg

KITCHEN NOTES
- Substitute cashews for pinenuts or almonds if desired.
- Add a little blanched spinach or zucchini to pesto if desired.
pecan, fig and oat cookies

1. Preheat oven to 180°C.
2. Trim the stems off the figs and discard. Roughly chop the remaining figs.
3. Place all the ingredients in a food processor and pulse until finely chopped and mixture comes together in a ball.
4. Roll mixture into small balls and place on a lined baking tray. Flatten slightly.
5. Bake for 15 minutes or until firm. Cool and serve.

NUTRITION INFORMATION
(per cookie)
- Energy: 432 kJ (103 kcals)
- Protein: 2.1g
- Fat: 6.3g
- Saturated fat: 0.5g
- Carbohydrate: 8.9g
- Sugars: 5.3g
- Fibre: 2.1g
- Sodium: 22.9mg

KITCHEN NOTES
- For younger babies, blend the mixture until just smooth.
- Substitute pecans with hazelnuts or walnuts if desired.

Makes approximately 16
macadamia, peach and ginger puree

1. Finely grate the ginger. Place in a sieve and press to extract as much juice as possible. Discard solids and place juice in a food processor.
2. Add the macadamias and peaches to the processor. Pulse until smooth.
3. Serve as a puree to dip with rusks, a topping for porridge or rice cereal or fold through yoghurt.

¾ cup (100g) macadamias, roughly chopped
2cm piece ginger
410g can peaches in natural juice, drained and roughly chopped

NUTRITION INFORMATION
(per serve)
Energy ........................................ 634 kJ (152 kcals)
Protein ....................................... 1.8g
Fat ................................................. 12.7g
Saturated fat ................................. 1.7g
Carbohydrate ............................... 7g
Sugars ........................................... 6g
Fibre ............................................... 2g
Sodium ......................................... 4mg

Preparation: 5 minutes
Freeze: Up to 1 month

Makes 1½ cups
(average ¼ cup serves each)

KITCHEN NOTES
• Substitute macadamias with brazil nuts or cashews if desired.
almond, orange and cinnamon rusks

1¼ cups (135g) almond meal
1½ cups (185g) plain flour
1 teaspoon baking powder
¾ teaspoon ground cinnamon
1½ tablespoons apple or pear puree
2 eggs, lightly beaten
½ cup (80ml) orange juice
Finely grated zest (skin) of one orange

1. Preheat oven to 160°C.
2. Sift the almond meal, flour, baking powder and cinnamon into a large bowl.
3. Combine the puree, egg, orange juice and orange zest. Add to the dry ingredients and mix until fully combined.
4. Transfer dough to a well floured surface. Knead and shape into a flat log. Place on a lined baking tray.
5. Bake for 20–25 minutes. Remove from oven, cool slightly and cut into 1cm thick slices whilst still slightly soft. Return to oven for another 20 minutes. Cool completely before serving.

KITCHEN NOTES
• Substitute almond meal with hazelnut meal if desired.

NUTRITION INFORMATION (per rusk)
Energy ...................292 kJ (70 kcals)
Protein .........................................2.5g
Fat .................................................3.5g
Saturated fat ...............................0.3g
Carbohydrate .............................6.7g
Sugars ..........................................0.6g
Fibre .............................................0.9g
Sodium .....................................25mg

Preparation: 15 minutes
Cooking: 45 minutes
Freeze: Dough up to 2 months
Store: Up to 1 week in an airtight container

Makes approximately 25
1. Sift the hazelnut meal and flour in a large bowl. Set aside.
2. In another bowl, combine the mashed banana, eggs and milk. Gently whisk the banana mix into the dry mix and then fold the blueberries through. Set aside for 10 minutes.
3. Heat a large non-stick frying pan over medium heat. Wipe a little butter or oil over the surface then add tablespoons of mixture to the pan, allowing space for spreading. Cook for 2–3 minutes or until bubbles form, then gently turn and continue cooking pikelets until golden and cooked through. Remove from pan and continue cooking in batches with remaining batter, wiping oil over the pan between batches.
4. Serve pikelets warm or cold, spread with jam or nut butter or drizzled with berry compote.

NUTRITION INFORMATION (per serve)
Energy .............. 1005 kJ (240 kcals)
Protein ..................... 8.7g
Fat ......................... 11.1g
Saturated fat ............ 1.6g
Carbohydrate ............ 25g
Sugars ..................... 7g
Fibre ....................... 3g
Sodium .................... 207mg

Preparation: 15 minutes + 10 minutes standing
Cooking: 20 minutes
Freeze: Up to 3 months

Serves 4

KITCHEN NOTES
• Substitute hazelnut meal with almond meal or finely ground macadamias if desired.
• Pikelets will keep, refrigerated for up to two days.
mediterranean pistachio and lamb meatballs

1. Preheat oven to 190°C.
2. Place the ground pistachios, mince, zucchini and Mediterranean spice in a large bowl and mix until fully combined.
3. Roll the mixture into small balls and place on a lined baking tray. Refrigerate for 10 minutes.
4. Meanwhile peel the cucumber and scoop out the seeds. Discard. Grate flesh and then mix with the yoghurt.
5. Bake the meatballs for 15–20 minutes or until browned and cooked through. Cool slightly then serve with cucumber yoghurt.

¾ cup (100g) pistachios, finely ground
500g lamb mince
½ small (80g) zucchini, grated
1 teaspoon Mediterranean spice mix
½ (100g) Lebanese cucumber
¾ cup (180g) Greek style yoghurt

NUTRITION INFORMATION (per meatball)
Energy .......................... 204 kJ (49 kcals)
Protein .............................. 4.4g
Fat ...................................... 3.1g
Saturated fat ....................... 0.9g
Carbohydrate ...................... 0.6g
Sugars ............................... 0.6g
Fibre ................................. 0.4g
Sodium .............................. 17mg

KITCHEN NOTES
• Substitute pistachios with pinenuts or brazil nuts if desired.
• For younger babies, blend the pistachios in a food processor for a smoother texture.
• Adjust the amount of spice mix to suit your child’s taste.

Preparation: 20 minutes + 10 minutes refrigeration
Cooking: 20 minutes
Freeze: Up to 2 months

Makes approximately 30
**brazil nut, chicken and sweet potato risotto**

1. Preheat oven to 175°C.
2. Melt the butter in a non-stick frying pan over medium heat, add the onion and rice, coating in the butter. Stir through the chicken and sweet potato until fully combined, breaking up the chicken with a fork until sealed.
3. Add the creamed corn, ground brazil nuts and stock to the pan, stir and then transfer the mixture to an ovenproof dish. Cover with a tight fitting lid or foil and bake for 25 minutes.
4. Remove dish from oven, uncover the risotto and lightly stir through the cheese and parsley. Cool slightly then serve.

**KITCHEN NOTES**
- Substitute brazil nuts with cashews or macadamias if desired.
- For younger babies, blend the brazil nuts to a smoother texture.
- Try adding a little finely chopped frozen spinach to the mix.

**NUTRITION INFORMATION**
(per serve)

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**Preparation:** 10 minutes  
**Cooking:** 35 minutes  
**Refrigerate:** Up to 24 hours  

Serves 8
pinenut, pumpkin and cous cous tarts

½ cup (40g) pinenuts, finely ground
2 tablespoons dry cous cous
½ cup (75g) finely chopped pumpkin (5mm dice)
¼ cup (50g) frozen chopped spinach, thawed
½ cup (65g) grated tasty cheese
4 eggs, lightly beaten
½ cup (125ml) full cream milk

1. Preheat oven to 170°C.
2. Prepare cous cous according to packet instructions. Cool.
3. In a large bowl mix together the pumpkin, ground pinenuts, cous cous, spinach and cheese until just combined.
4. Whisk together the eggs and milk, season lightly then fold through the pumpkin mixture.
5. Spoon the mixture into a mini muffin tin. Bake for 15–20 minutes or until lightly golden. Remove and cool.
6. Serve the tarts warm or cold.

NUTRITION INFORMATION
(per serve)
Energy ....................219 kJ (52 kcals)
Protein ............................................3g
Fat ....................................................4g
Saturated fat ...............................1.5g
Carbohydrate .............................1.2g
Sugars ..........................................0.5g
Fibre .............................................0.3g
Sodium .....................................48mg
In the last twenty years, allergic diseases have become an increasingly important public health issue in Australia.

The Food Allergy Prevention Project, a National Allergy Strategy project, aims to address this via raising the awareness of the Australasian Society of Clinical Immunology and Allergy (ASCIA) Guidelines for infant feeding and allergy prevention.

These guidelines encourage feeding of the most common food allergens (including peanuts and tree nut pastes/flours) to babies within the first year of life.

To learn more about food allergy prevention and food allergy management visit:

National Allergy Strategy Food Allergy Prevention Project
www.preventallergies.org.au

ASCIA
www.allergy.org.au

Allergy & Anaphylaxis Australia
www.allergyfacts.org.au

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