

# 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

 **Preparation:** 15 minutes

 **Cooking:** 30 minutes

 **Freeze:** Up to 2 months

**SOFT LUMPS**



Makes 6 serves

1 cup (150g) hazelnuts, roughly chopped  
4 apples, peeled and chopped  
squeeze lemon juice  
410g can apricot halves in natural juice, drained  
 $\frac{2}{3}$  cup (60g) quick oats  
 $1\frac{1}{2}$  tablespoons brown sugar  
 $\frac{1}{4}$  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  $\frac{1}{3}$  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.

## KITCHEN NOTES

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


## 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

# vegetable and walnut bake

 **Preparation:** 10 minutes

 **Cooking:** 20 minutes

 **Freeze:** Up to 3 months

SOFT LUMPS



Makes 6 serves

1 cup (100g) walnuts, roughly chopped  
1 cup (350g) cauliflower florets  
¾ 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.

## 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

 **Preparation:** 10 minutes  
 **Cooking:** 15 minutes  
 **Refrigerate:** Up to 2 days

CHUNKY/MASHED



Makes 6 serves

$\frac{2}{3}$  cup (100g) cashews,  
roughly chopped  
1 cup (150g) frozen peas  
2 tablespoons chopped mint  
2 tablespoons olive oil  
1 cup (100g) risoni pasta  
 $\frac{1}{4}$  cup (25g) finely grated tasty  
cheese

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.

## KITCHEN NOTES




- Substitute cashews for pinenuts or almonds if desired.
- Add a little blanched spinach or zucchini to pesto if desired.

## 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

# pecan, fig and oat cookies

-  **Preparation:** 15 minutes
-  **Cooking:** 15 minutes
-  **Freeze:** Dough up to 2 months

FINGER FOOD



Makes approximately 16

1 cup (125g) pecans, finely ground  
1 cup (125g) moist dried figs  
½ cup (50g) quick oats  
1 egg, lightly beaten  
¼ cup (35g) self raising flour  
2 tablespoons (40ml) orange juice

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.

## KITCHEN NOTES

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

## 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

# macadamia, peach and ginger puree

 **Preparation:** 5 minutes

 **Freeze:** Up to 1 month

PUREE



Makes 1½ cups  
(average ¼ cup serves each)

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

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.

## KITCHEN NOTES





- Substitute macadamias with brazil nuts or cashews if desired.

## 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

# almond, orange and cinnamon rusks

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

FINGER FOOD



Makes approximately 25

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  
⅓ 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

# hazelnut, blueberry and banana pikelets

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

FINGER FOOD 

Serves 4

1/3 cup (50g) hazelnut meal  
3/4 cup (120g) self raising flour  
1 over-ripe banana, mashed  
2 eggs, lightly beaten  
1/4 cup (60ml) full cream milk  
1/3 cup (55g) blueberries

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.

## KITCHEN NOTES

- Substitute hazelnut meal with almond meal or finely ground macadamias if desired.
- Pikelets will keep, refrigerated for up to two days.




## 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



# Mediterranean pistachio and lamb meatballs

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

**CHUNKY**



Makes approximately 30

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

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.




## 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.

## NUTRITION INFORMATION

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

# brazil nut, chicken and sweet potato risotto

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

SOFT LUMPS



Serves 8

1¼ cups (125g) brazil nuts, finely ground  
30g unsalted butter  
½ small (35g) onion, sliced  
1 cup (220g) Arborio rice  
300g chicken mince  
¾ cup (125g) roughly grated sweet potato  
½ cup canned creamed corn  
2 cups (500ml) salt reduced chicken stock  
⅔ cup (75g) roughly grated tasty cheese  
2 tablespoons finely chopped flat leaf parsley

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)

Energy.....	1365 kJ (327 kcal)
Protein.....	15.2g
Fat.....	22g
Saturated fat.....	8.6g
Carbohydrate.....	15.8g
Sugars.....	2.9g
Fibre.....	2.5g
Sodium.....	338mg

# pinenut, pumpkin and cous cous tarts

 **Preparation:** 15 minutes  
 **Cooking:** 25 minutes  
 **Refrigerate:** Up to 4 days  
 **Freeze:** Up to 3 months

SOFT LUMPS



Makes approximately 24

1/3 cup (40g) pinenuts, finely ground  
2 tablespoons dry cous cous  
1/2 cup (75g) finely chopped pumpkin (5mm dice)  
1/4 cup (50g) frozen chopped spinach, thawed  
2/3 cup (65g) grated tasty cheese  
4 eggs, lightly beaten  
1/2 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.

## KITCHEN NOTES

- Substitute pinenuts with pistachios or brazil nuts if desired.
- For younger babies, blend the pinenuts in a food processor for a smoother texture.

## 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](http://www.preventallergies.org.au)

ASCIA  
[www.allergy.org.au](http://www.allergy.org.au)

Allergy & Anaphylaxis Australia  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)

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