MAINS

CHICKEN AND MUSHROOM PIE

INGREDIENTS  (Makes about 4 baby portions)

• 1 large potato, peeled and diced
• 1 tbsp breast/formula milk
• 1 tsp cooking oil
• ½ small onion, peeled and diced
• 4 mushrooms, diced
• 2 tbsp frozen vegetables (carrot, corn, green peas)
• 100g chicken breast, diced
• 100ml water
• 1 tsp cornflour
• 1 tbsp soft cheese

METHOD

• Boil the potato in water until tender. Drain well. Add the milk and mash.
• In a pan, heat the oil and fry the diced onion for several minutes to soften.
• Add the diced mushrooms, frozen vegetables, chicken and water and cook for 15 minutes until the chicken is cooked.
• Blend the cornflour with a little water to make a smooth paste and add to the mixture. Bring to the boil and cook for a few minutes to thicken the mixture.
• Add the mashed potato and soft cheese. Mix well.
• Chop or mash to the desired consistency.

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SNACKS

CREAM CHEESE AND APPLE TOAST

10–12 MONTHS

INGREDIENTS (makes 2 servings)
• 2 slices wholemeal bread
• 2 tablespoons cream cheese
• ¼ medium apple (diced)

STEPS
1. Spread a layer of cream cheese on bread.
2. Cut to bite-sized pieces for babies.
3. Lay diced apple on bread.

HEALTHY EATING TIPS
Mix pureed fruits with cream cheese to create your own flavoured spreads. You may also use other fruits such as strawberries or mangoes.

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BABY-FRIENDLY
FRUIT-BASED ICE CREAM

>6 MONTHS

INGREDIENTS (Makes 5 servings)
• 5 large strawberries
• 2 ripe bananas
• ½ pitted avocado
• 120ml full cream cow’s milk / breast milk

HEALTHY EATING TIP
Replace strawberries with fruit of your choice.

STEPS
1. Chop strawberries into small chunks.
2. Cut bananas into small chunks.
3. Scoop out avocado flesh.
4. Freeze bananas and avocado.
   It takes about 2-2.5 hours.
5. Blend frozen fruits with milk until smooth.
6. Fill popsicle mold with chopped strawberries and mixture.
7. Freeze for 6 hours.

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Noodle Soup

10 - 12 Months

INGREDIENTS (Makes about 2 baby portions)
- 1½ packets noodles
- ½ bowl shimeji mushrooms
- 90g meat (minced)
- 3 baby corn (sliced)
- ½ medium carrot (diced)
- 300ml water (for mixing broth)
- 200ml broth
- 1 teaspoon garlic and ginger (minced)
- ½ tablespoon cooking oil

STEPS
1. Cook noodles at medium heat for 3 minutes. Cut into small sections.
2. Blanche vegetables for 1 minute. Set aside.
3. Heat oil in pot over medium heat.
4. Add garlic, ginger and meat.
5. Fry till meat is cooked.
6. Add in blanched vegetables.
7. Mix well for 2-3 minutes.
8. Add noodles, broth and water. Bring soup to a boil.

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OATMEAL WITH PEACH PUREE

6 - 9 MONTHS

INGREDIENTS (Makes 1 baby portion)
- 4 tablespoons oatmeal
- ½ peach (skin removed)
- ½ banana
- 100ml water / breast milk / formula milk

STEPS
1. Cut the skinned peach and banana into small chunks.
2. Then mash banana into puree. Set aside.
3. Cook oatmeal with water / milk over medium heat for 2-3 minutes.
4. Add banana puree into oatmeal.
5. Cook for another 1 minute.
6. Add water to desired consistency.
7. Add peach puree to oatmeal.

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PUMPKIN AND IKAN KURAU (FISH) RICE PORRIDGE

6 – 9 MONTHS

INGREDIENTS  (Makes 1 baby portion)
- 3 tablespoons of pumpkin (skin and seeds removed, cut into 1cm cubes)
- 2 tablespoons flaked salmon
- 1½ bowl thin porridge

METHOD:
- Steam pumpkin cubes for 10–15 minutes until soft, Mash pumpkin and fish together using a fork. Set aside.
- Bring porridge to a boil. Stir in mashed fish and pumpkin. Lower to medium heat.
- Cook for another 2 minutes and serve.

COOKING TIP
Instead of pumpkin, you can use any melon-type or root vegetables such as winter melon, palm melon, sweet potatoes, carrots, etc.

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MAINS

PUMPKIN AND SALMON RICE PORRIDGE

6 – 9 MONTHS

INGREDIENTS (Makes 2 baby portions)
• 3 tbsp of pumpkin, skin and seeds removed, cut into 1cm cubes
• 2 tbsp finely-flaked salmon
• 1½ bowl thin porridge

METHOD:
• Steam pumpkin cubes for 10 – 15 minutes until soft.
  Mash pumpkin and fish together using a fork. Set aside.
• Bring porridge to a boil. Stir in mashed fish and pumpkin. Lower to medium heat.
• Cook for another 2 minutes and serve.

COOKING TIP
Instead of pumpkin, you can use any melon-type or root vegetables such as winter melon, palm melon, sweet potatoes, carrots, etc. You may also substitute salmon with other fishes such as ikan kurau, and add minced vegetables such as daun ubi.

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RICE CEREAL WITH SPINACH AND EGG YOLK

6–9 MONTHS

INGREDIENTS  (Makes 2 baby portions)
• 6 level tbsp infant rice cereal
• 160ml breast/formula milk
• 5 pieces of spinach leaves
• ½ egg yolk

METHOD:
• Wash the spinach and soak in water for 1 hour. Blanch in water. Drain and chop finely and grind through a strainer to make a smooth vegetable puree.
• Place an egg in a pot. Add water and bring to a boil. Cook the egg for 10 minutes until done. Remove egg shell and take out ½ the egg yolk.
• Mash with a fork and mix with a small amount of water to form a puree.
• Mix milk with baby rice cereal as directed on packaging. Add vegetable and egg yolk puree and mix well to serve.

HEALTHY EATING TIP
Most infant rice cereals are enriched with iron. This is an important source of iron for babies who are not ready to eat meat.

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CARROT AND LENTIL SOUP

INGREDIENTS (Makes about 4 baby portions)
- ½ tbsp cooking oil
- ½ small onion, peeled and diced
- ½ tsp finely chopped garlic/garlic paste
- 1 large carrot, peeled and diced
- 50g dried lentils
- 300ml water

METHOD
- Heat the oil in a large pan, add the onion, garlic and carrots and fry gently. Stir regularly for 5 minutes.
- Add the lentils and water and bring to the boil, stirring occasionally.
- Simmer for about 20 minutes with a lid on until the lentils are soft.
- Mash to make the soup texture you want and cool before serving.
- You may serve the soup with pita bread.

COOKING TIPS
Including mashed vegetables in soups is a good way to increase your child’s vegetable intake. You can use pumpkin or sweet potato instead of carrots if desired. Additional seasoning like turmeric can be added.

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