GREEN MAC AND CHEESE

INGREDIENTS (Makes 12 toddler portions)

- 500g macaroni
- 1 head broccoli, cut into florets
- 200g low-fat soft cheese
- 200ml semi-skimmed milk

METHOD

- Cook the macaroni in boiling water for about 15 minutes until soft. After the first 10 minutes, place the broccoli in the same pan as the macaroni or separately steam the broccoli.
- Drain the macaroni and broccoli and then stir in the low-fat soft cheese and milk.
- Heat if necessary before serving.

HEALTHY EATING TIPS

Mixing in vegetables with foods that your toddler is familiar with (e.g. pasta) can encourage your toddler to eat more vegetables.

COOKING TIPS

You can use other green vegetables such as spinach, green peas or chopped green beans instead of broccoli. If desired, you can briefly bake the mac and cheese to get a crispy crust, which your child may enjoy.

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See more recipes at healthhub.sg/earlynutrition
**SNACKS**

**RICE PUDDINGS WITH APPLES & RAISINS**

**INGREDIENTS** *(Makes 12 portions)*
- 6 tbsp pudding rice or oats
- 3 cups milk
- 1 apple (red or green), cubed
- 2 tbsp raisins, chopped

**METHOD:**
- Place the rice and milk in a saucepan and heat gently, stirring all the time, until the mixture just comes to a boil.
- Turn the heat down and, stirring regularly, allow to simmer gently for about 20 minutes while the rice absorbs the milk.
- Stir in the cubed apples and raisins and heat through. If preferred, apples can be cooked more until slightly soft.

**HEALTHY EATING TIPS**
Milky puddings can be a good way to get your child to eat more fruits or introduce your child to drinking full cream milk.

**COOKING TIPS**
You can make milky puddings with other cereals, such as sago, tapioca or oats. You can also add other fresh or dried fruits as desired.

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**Snacks**

**Strawberry Kiwi Vietnamese Rolls**

With Mango Yoghurt Dip

**Ingredients** *(Makes about 12 rolls)*
- 12 rice paper wrappers
- 1½ cups finely chopped strawberries
- 1 mango, ½ diced and ½ mashed to form a puree
- 1 kiwi (green or yellow), finely chopped
- Warm water
- 2 – 3 tbsp of plain yoghurt

**Method:**
- Fill a large bowl with warm water. Dip one wrapper into the warm water for 1 second to soften. Lay wrapper flat.
- In a row across the centre, spread some mango puree as a sauce. Add 1 teaspoon each of finely chopped fruits (kiwi, strawberry, mango), leaving about 2 inches uncovered on each side.
- Fold uncovered sides inward, then tightly roll the wrapper.
- Mix plain yoghurt and the remaining mango puree to make the yoghurt dip.
- Best served slightly chilled.

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CASHEW NUT FRIED RICE

1-2 YEARS OLD

INGREDIENTS (This recipe serves both mummy and child)
- 1 bowl cooked rice
  (mix brown and white rice)
- 40g chopped bell peppers
  (any colour)
- 5 prawns (minced)
- 8 pieces salted cashew nuts
- 3 broccoli florets
- 1 teaspoon garlic (minced)
- 1 egg
- ½ tablespoon cooking oil

STEPS
1. Wash, chop, and blanch broccoli florets. Set aside.
3. Add in the egg.
4. Add bell peppers and prawns.
5. Add broccoli florets and stir-fry for 3-5 minutes.
6. Add rice and mix well.
7. Add cashew nuts and stir-fry for another 1-2 minutes.
   (If your baby is allergic to nuts, replace with raisins.)

HEALTHY EATING TIP
You may add some turmeric as seasoning.

A bright future starts with the right nutrition. Watch the video and discover more recipes at healthhub.sg/earlynutrition
MIXED BEANS AND VEGETABLE STEW
SERVED WITH BREAD OR RICE

INGREDIENTS (Makes 6 toddler’s portions)
• 1 ½ tbsp vegetable oil
• 1 small onion, peeled and diced
• 1 tsp minced garlic
• 1 large potato, washed and cubed
• 3 carrots, peeled and sliced
• 1 large can (400g) chopped tomatoes
• 200g frozen peas
• 350ml water
• 1 large can (400g) reduced-salt, reduced-sugar mixed beans (chick peas, kidney beans)
• 200g minced meat (chicken/pork/beef/lamb)

METHOD:
• Heat a little oil in a large pan and lightly stir-fry the onion and garlic until they start to soften.
• Add all the other ingredients to the pan and stir well.
• Bring to a boil and simmer gently for about 15 minutes until the vegetables are cooked.
• Serve with ½ bowl of rice or 2 pieces of toasted bread, as desired.

HEALTHY EATING TIPS
Stews can be a good way to get your child to eat more vegetables and get enough fibre in their diet. If on a vegan/vegetarian diet, alternatives such as beans are good ways to ensure that your toddler has enough protein in his diet.

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PAN-FRIED SALMON WITH BROCCOLI AND SHELL PASTA IN PUMPKIN SAUCE

INGREDIENTS (Makes 2 toddlers portions)
- ½ bowl pumpkin (skin and seeds removed, cut into pieces)
- 3 broccoli florets
- 3 slices salmon (about 3 tbsp)
- ½ bowl water, 1 tsp corn starch
- ½ to 1 bowl cooked shell/spiral pasta

METHOD
- Steam pumpkin pieces and broccoli florets until soft. Chop broccoli into 1cm cubes. Mash pumpkin and set aside.
- Heat oil in a pan and pan-fry salmon until golden on both sides. Break the fish into pieces with a spoon.
- To make pumpkin sauce:
  (a) Cook mashed pumpkin with some water.
  (b) In a bowl, combine corn starch with ¾ bowl of water and mix well.
  (c) Add corn starch mixture to mashed pumpkin to create a thick sauce. Cook until thickened and set aside. Keep stirring so that the sauce does not clump together.
- Put cooked pasta in a bowl. Add salmon pieces and broccoli. Next, pour pumpkin sauce and serve.
- You may also add a few drops of lemon juice to reduce the fishy taste.

HEALTHY EATING TIPS
Increase your toddler’s vegetable intake using sauce or soup with mashed vegetables. Instead of pumpkin, you can also use avocado, spinach, tomato or green peas to make the pasta sauce.

COOKING TIPS
Instead of pan-frying, you can either steam or bake the fish in the oven. You can also use other fish such as ikan kurau, thread-fin or cod. Additional seasoning like turmeric can be added.

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SHRIMP, CARROT AND BROCCOLI ‘MUI FAN’

INGREDIENTS  
(Makes 1 toddler portion)  
• 3 fresh or frozen shrimps  
• 2 broccoli florets  
• ½ of a small carrot  
• ½ bowl soft rice  
• ½ tbsp minced ginger and garlic

METHOD  
• Shred the carrot and set aside.  
• Heat a little oil in a pan. Lightly stir fry garlic and ginger. Stir in the carrot and shrimp and then the broccoli. Stir-fry until cooked. Set aside.  
• In a pan, bring cooked rice and 2 – 3 tablespoons of water to a boil. Stir in the broccoli, carrot and shrimp pieces. Cook until rice becomes soft and creamy.

HEALTHY EATING TIPS  
To increase your toddler’s vegetable intake, you can serve sauce or soup with mashed vegetables. Instead of pumpkin, you can also use avocado, spinach, tomato or green peas to make the pasta sauce.

COOKING TIPS  
You may also replace broccoli with other vegetables such as spinach, bok choy, sawi or mashed peas.

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VEGETABLE CHICKEN SOUP SERVED WITH BEE HOON/NOODLES

INGREDIENTS (Makes 2 toddlers portions)
- 1 block tofu, cut into small squares
- One small bunch of spinach/ chye sim, chopped
- ⅛ of a small carrot, cubed
- 1 tbsp of corn
- 2 tbsp steamed chicken, shredded
- 1 bowl rice noodles or bee hoon (cooked and cut into 2 to 5 cm pieces)
- Water

METHOD:
- Remove spinach roots. Rinse and soak in water for 1 hour, before blanching spinach/chye sim for 1 minute. Drain and set aside.
- Add carrots, corn, tofu and the shredded chicken into boiling water. Let it boil for approximately 5 – 10 minutes before adding in the chopped spinach/chye sim.
- Let the soup simmer until all ingredients are cooked.
- Mix cooked rice noodles or bee hoon with the soup and bring it to boil before serving.

HEALTHY EATING TIPS
Fresh or pre-packed tofu and dark green leafy vegetables are rich in calcium and are ideal for your child’s healthy bone growth and development.

COOKING TIPS
Instead of spinach, you can use other calcium-rich dark green leafy vegetables such as bok choy, chye sim, kale and mustard green. Replace chicken with tofu if you are making a vegetarian dish.

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SNACKS

YOUGURT PARFAIT OR
HOME-MADE FRUIT YOGURT

INGREDIENTS (Makes 4 toddler portions)
• 1 small tub plain yoghurt
• 1 cup chopped strawberries or whole blueberries (need to cut into pieces)
• 4 tbsp of plain corn flakes, lightly crushed

METHOD
• In a small glass or bowl, slowly layer with plain yoghurt, chopped fruits and cereal as shown in the picture.
• If desired, flavoured yoghurt can be made by mixing plain yoghurt and any fruit of choice that has been mashed. For example, you can add mashed bananas.

HEALTHY EATING TIPS
You can make your own fruit yoghurts using plain yoghurt and the fruit of your choice. This is healthier than store-bought flavoured yoghurts, which can be very high in sugar.

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