

SAMPLE ONLY



TODDLER RECIPES

WHAT (AND HOW) TO
FEED FUSSY EATERS

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gluten free (gf), dairy free (df),
egg free (ef), nut free (nf), vegetarian (v)

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LET'S GET STARTED

WHERE TO START

Make yourself a cup of tea and have a relax. Remember something funny that your lovely toddler has done recently and allow yourself a smile and a laugh. Look over some cute photos, go and peek at them sleeping, have a moment to reconnect with your parent-love.

Raising toddlers can be tough. Stress levels are high, your patience levels are low, you're possibly still sleep deprived and maybe you've also got a new baby in the mix. These are insane times!

Please don't fret about whether you're being a good parent. The fact you're reading this book and taking an interest in your child's diet is proof enough that you're being awesome. Congratulate yourself on holding it all together and doing the best job you can.

Adjusting from babyhood to the new behaviours of toddlers takes time. Parents tend to focus on tantrums and physical behaviours and forget that we also need to alter our expectations when it comes to what the kids are eating.

For months we spend our days

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ed.
ages all of that. You are now on a new food playing field.



CRUCIAL THINGS TO KEEP IN MIND

BE CONSISTENT

Don't cave in to the demands of your fussy eater. Don't cook them separate meals or slip them the odd bit of junk out of guilt that they're not eating enough. Let them get hungry. They will come looking for food when they ARE hungry and it's your job to be there offering them healthy options. This food battle is really part of the wider disciplinary issues that you're be dealing with at this stage. Don't sabotage yourself by handing over chocolate.

GIVE ENCOURAGEMENT AND PRAISE

But don't let them

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GIVE YOURSELF THE BEST CHANCE OF SUCCESS

You will need to compromise and alter what you currently eat. There's not much chance that your kids will tuck happily into your favourite Thai beef salad. The family meal needs to be

something that they're **LIKELY** to accept. Work around ingredients they like and slowly work your way out. As they grow, they will become more used to these savoury flavours and you'll be able to push them further and further until the meals become suprisingly sophisticated.

Many meals are extremely versatile and the same meal can be easily adapted for adults by splashing on sweet chilli sauce or sprinkling over a few olives.

AT LEAST DINNER IS YUMMY FOR YOU

Despite your best efforts, some days they might not eat much. They're toddlers – pesky little creatures with firm ideas of their own. Dinner might only be a few bites. But at least with these recipes, every mouthful is packed full with healthy ingredients that provide some nourishment. And the meal is yum enough that at least you can enjoy yours.



try these if your
kids like...

MEAT

BACON MEATLOAVES



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BACON IS A FANTASTIC LURE
THAT DISTRACTS FROM ALL THE VEGIES
CONTAINED INSIDE

BACON MEATLOAVES

SERVE THESE WITH
PASTA & VEGIES OR
WEDGES AND SALAD

2 slices wholemeal bread
1 clove garlic
1 tsp mustard powder
1/2 cup roasted capsicums
(home-made is best but
store-bought will do)

Preheat the oven to 180C. Grease a 12-hole
muffin tray.

Blitz the bread, garlic & mustard powder to
make about 1 cup fresh breadcrumbs. Add to
a mixing bowl.

Finely dice or blitz the capsicums, add to the
mixing bowl along with the beef, zucchini,
(if using), peas and egg. Use
your kitchen gloves if you prefer),
mix well. Roll into 12

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2 tbsp fresh herbs (optional)
1 cup peas
1 egg, whisked
12 bits of bacon
(whatever type you like)

Wrap a strip of bacon around each ball and
place into the muffin tray.

Bake for 30-40 minutes until cooked through.

Makes 12.

try these if your
kids like...

MEAT

PORK MEATBALLS

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MEATBALLS ARE SO EASY &
POPULAR. SEARCH MY BLOG
FOR OTHER FLAVOUR IDEAS

PORK MEATBALLS

MAKE A TODDLER-FRIENDLY SLIDER – SERVE ON SMALL ROLLS WITH COLESLAW.

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500g pork mince

1 large onion

1 small fennel, roughly chopped

1 egg

Olive oil spray

Preheat the oven to 200C. Line a baking tray with foil and spray with oil.

Place the mince in a large mixing bowl. Use a food processor

to chop the onion and fennel into small pieces. Add to the bowl. Chop the garlic on the pulse function, then mix with the egg and mix well.

Wear kitchen gloves, roll the mixture into bite-sized balls and place on the tray.

Spray with oil and bake for 15 minutes. Remove the tray, carefully turn the balls over, spray again and return to the oven for 10 minutes more until golden and cooked through.

Makes 30ish.

try this if your
kids like...

SMOOTH

CARROT & VEGIE SOUP

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SMOOTH TEXTURED SOUPS CAN BE
A GREAT TRANSITION FOOD FOR BABIES.
SERVE WITH BREAD OR SOLDIERS

CARROT & VEGIE SOUP

FOR A VEGETARIAN VERSION, USE VEGETABLE STOCK.

5 large carrots, peeled, quartered lengthwise
1 large parsnip, peeled, sliced into pieces the same thickness as the carrots

Preheat the oven to 220C. Line a baking tray with kitchen paper. Spread the carrots and parsnips over in a single layer. Drizzle with oil and toss to coat evenly. Bake for 35-40 minutes until soft.

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Meanwhile, heat a large pan over low/medium heat. Add the oil and toss in the carrots and parsnips for 6-8 minutes until they are slightly browned. Throw in the garlic and onion, then pour over the stock. Cover and bring to the boil.

1 tsp cumin powder
1 tsp curry powder
8 cups salt-reduced chicken stock
1/2 head cauliflower, cut into small florets
1/4 cup red lentils, rinsed, drained
Salt & pepper
Cream (optional)

Add the cauliflower and lentils. Re-cover, reduce the heat to a simmer and cook for 25-30 minutes, adding the roasted vegies whenever they're ready (they need to simmer in with everything for at least 10-15 minutes, so just extend the simmering time if need be).

Use a stick blender to blitz the soup into a smooth texture. Season to taste.

Serve with crusty bread and a slurp of cream.

Serves 2 adults & 3-4 kids.

try this if your
kids like...

RICE

BASIC FRIED RICE

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USE WHATEVER VEGIES YOUR
FAMILY ENJOYS. ADD SMALL CHUNKS
OF SAUSAGE OR SALMON.

BASIC FRIED RICE

ADULTS CAN TOP THIS
WITH CASHEWS, CHILLI SAUCE
& CORIANDER

2 tbsp peanut oil

1/4 cauliflower, very finely

Heat a wok or frying pan over high heat.

Add the oil and when hot, carefully tip in the

cauliflower. Stir regularly for

until it is translucent and

softening on the vegies

(this makes them lovely).

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1 carrot, peeled, grated
(or chopped finely)

125g can corn kernels, drained

1 cup frozen peas

1 clove garlic, crushed

3 cups cooked rice

1 tbsp soy sauce

2 tbsp mirin

Add in the corn, frozen peas and garlic.

Keep stirring until the garlic is fragrant.

Sprinkle over the rice. Pour the sauces over the top to help it loosen. Mix well until everything is piping hot.

Serves 2 adults & 2 toddlers.

NOTE: As the kids grow, try different flavour combinations like peanuts & beef strips or omelette & diced tofu.

try this if your
kids like...

CHICKEN PIE

DAIRY or CHICKEN

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THIS FILLING IS ALSO GREAT
IN PIES OR PASTIES!

CHEESY CHICKEN PIE

FOR ADULTS, SERVE WITH A GARDEN SALAD & SOURDOUGH

4 slices of bread (to make 2 cups fresh breadcrumbs)

1 cup grated cheese

1 tbsp olive oil

500g chicken breast, diced

1 leek, white part only, diced

1 small red onion, finely diced

1 cup finely chopped cauliflower

4 medium mushrooms, very finely chopped

large handful green beans, ends removed

Preheat the oven to 180C. Grease a medium-sized oven dish.

Add the bread to a food processor and make breadcrumbs. Add to a bowl with the cheese. Set aside.

Add olive oil to a large saucepan over medium/high heat. Add in the chicken and stir for several minutes until there are no more pink sides and the chicken is mostly cooked through. Remove and set aside.

Reheat the pan, add more oil if need be and tip in the leek, onion and cauliflower. Cook for 6-7 minutes, stirring often until everything is softening down. Add in the mushrooms, beans & herbs (if using). Season and cook for another couple of minutes, stirring just often enough to avoid sticking. Remove and set this mixture aside also.

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in the flour and e. Slowly drizzle in

50g butter

3 tbsp plain flour

2 cups milk (warmed)

Mix the chicken & vegies back into the mix. Pour into the oven proof dish. Scatter over your breadcrumb/cheese mix and pop into the oven. Bake for 30 minutes or so until bubbling and golden.

Serves 2 adults and 2-3 small kids.

LUNCHBOX
FRIENDLY

CHOCOLATE SEED MUFFINS

try these if your
kids like...

CAKE!

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SEEDS ARE HIGH IN
PROTEIN & A RANGE OF
MINERALS AND VITAMINS



CHOCOLATE SEED MUFFINS

RECIPE MAKES 12 –
EXTRAS FREEZE WELL FOR
UP TO 2 MONTHS!

Preheat the oven to 180C. Grease or line a 12-hole muffin tray with paper cases.

1/2 cup seeds (any combo
of black chia, sunflower, etc.)

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1/2 cup brown sugar

1/2 cup oats

1 egg

Juice 1 orange (about 1/3 cup)

1/2 cup milk

1/2 cup melted butter

3 tbsp maple syrup (optional but
recommended)

1 small ripe avocado

Give the dry ingredients a good
mix. You need to break
up the seeds in a large mixing
bowl with sugar and oats.

In a separate bowl or large jug, whisk the egg,
then combine in the orange juice, milk, butter
& maple syrup (if using).

Tip the wet ingredients into the dry and
stir gently until just combined.

In a small bowl, mash the avocado with a
fork then add that to the muffin mixture.
Combine well.

Divide evenly between the cases and
bake for 25-30 minutes until
the tops spring back when
touched and a skewer
comes out clean.

Makes 12.

try these if your
kids like...

DESSERT!

NOT-QUITE ICE CREAM

GLUTEN FREE

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THE STRAWBERRY
CONTAINS YOGHURT BUT THE
CHOCOLATE IS DAIRY-FREE.

NOT-QUITE ICE CREAM

FOR A VARIATION, REPLACE
THE BERRIES WITH OTHER
FRUIT LIKE ROCKMELON.

CHOC BANANA 'ICECREAM'

2 frozen bananas, peeled.

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1 tbsp maple syrup

Place all the ingredients
into a blender and blitz.
Serve immediately or
return to the freezer to
set hard.

BERRY FROZEN YOGHURT

1 cup frozen berries of
your choice

Greek yoghurt

vanilla paste

2 tbsp honey

Place all the ingredients
into a blender and blitz.
Pop into a container and
return to the freezer to
harden.

WWW.VEGIESMUGGLERS.COM.AU

