

The First Year Or two!

Egg Yolk Pancake (6 months +)

Put one to two free-range organic egg yolks into a bowl and mix in desired ingredients:

- *Cooked veggies:* carrots, potato, broccoli
- *Raw veggies added in while cooking:* spinach, broccoli sprouts, and zucchini
- *Cooked meat:* beef, fish, chicken, lamb, meat loaf, liver
- Sea salt and/or seaweed

Stir and pour into pan with hot coconut oil. Cook until you're able to flip and turn. Take out of fry pan, cool on paper towel and tear into bit sized pieces.

Pureed Meats (6 months +): Cook meat gently in filtered water or homemade stock until completely tender, or use meat from stews, etc that you have made for your family. Make sure the cooked meat is cold and is in no bigger than 1-2 inch chunks when you puree. Grind up the meat first until it's almost like a clumpy powder. Then add water, formula or breast milk, or the natural cooking juices as the liquid.

Baby Pate (6 months +): Place 115gms organic chicken livers and 1/4 cup broth or filtered water in a saucepan, bring to a boil and reduce heat. Simmer for eight minutes. Pour into a blender (liver and liquid) with 1-2 teaspoons butter and a pinch of sea salt and blend to desired consistency.

Vegetable Puree (6 months +): Use squash, sweet potatoes, parsnips, pumpkin, carrots or beets. Cut vegetables in half, scoop out seeds from squash and bake in a 400 degree oven for about an hour, or steam them (in the case of carrots and beets) for 20 to 25 minutes. Mix in butter when puréeing. You can cook these vegetables for your own dinner and purée a small portion in a blender or food mill for your baby.

Fruit sauce (6 months +): Use fresh or frozen peaches, nectarines, apples, blueberries, cherries, pears, berries or a combination. Note: Whenever possible, use organic fruit, and peel the fruit if it is not organic. Cut fruit and put in a saucepan with 1 cup filtered water for every 1/2 cup of fruit. Bring to a boil; reduce to a simmer about 15 minutes or until the fruit is cooked. Purée the mixture in a blender or food mill and strain if necessary. Don't add sugar or spices but you can stir in a little butter or cream.

Dried Apricot Puree (6 months +): Bring 2 cups filtered water to a boil with 450gm unsulphured dried apricots and simmer for 15 minutes. Reserve any leftover liquid to use for the puree. Puree, adding the reserved liquid as necessary to achieve a smooth, thin puree. May be blended with some butter.

Fermented Sweet Potato (6 months +): Poke a few holes in 2 pounds sweet potatoes and bake in an oven at 300 degrees for about 2 hours or until soft. Peel and mash with 2 teaspoons sea salt and 4 tablespoons whey. Place in a bowl, cover, and leave at room temperature for 24 hours. Place in an airtight container and store in the refrigerator.

From *Nourishing Traditions* by Sally Fallon.

Baby Custard (6 months +): Mix 1 cup raw milk or whole coconut milk, 1 cup raw cream, 6 egg yolks, 1/2 teaspoon vanilla and a pinch of Stevia powder. Pour into buttered ramekin dishes. Place ramekins into a Pyrex dish filled part-way with water. Preheat oven to 310 degrees and cook for about 1 hour.

Jelly Jiggles (7 months +): Mix 4 Tbsp Gelatin into 1 cup hot water until dissolved, and then combines with 2 cups no sugar added fruit juice. Place into ice cube trays or jelly molds and refrigerate for 2-3 hours. You can add mandarin oranges, strawberries, etc. to the jelly before it sets.

Coconut Milk Jiggles (7 months +): Follow above recipes but substitute coconut milk for fruit juice and Add a tsp vanilla and some warm raw honey.

Smoothie for Baby (8 months +): Blend 1 cup whole yoghurt with 1/2 banana or 1/2 cup puréed fruit, 1 raw egg yolk (from an organic or pastured chicken) and a pinch of Stevia.

Arrowroot Cracker Bites (8 months +)

1 x 250gm block of butter, preferably organic, softened or ½ cup coconut oil
2 x egg yolks
4 x Tbsp water
1 x cup arrowroot powder
½ tsp salt
½ tsp Stevia powder, Rapadura, or whatever suits

Cream the butter or coconut oil with yolk and then with the remaining ingredients. Spread mix over a well-oiled baking tray about ¼ to ½ inches thick. Bake at 200 degrees for about 2 hours or until slightly browned and crisp. Break into pieces easily. Make bite size pieces and store in container. These make a great Corn flake replacement. This recipe doubles nicely and try a variation of half butter and half coconut oil. *Nourishing Traditions* (first edition) by Sally Fallon.

Veggie Fritters (8 months +): Grate half a zucchini, 1 to 2 carrots (depending on size) and a small potato into small shreds. Squeeze as much water out as possible (a tea towel works well). Add 1 to 2 tablespoons arrowroot powder, 1 free-range egg yolk, and some salt and pepper to taste. Stir until well blended. Heat a skillet with lard (or coconut oil) and place small dollops of fritter batter in the skillet. Flatten and fry on both sides until golden brown. Cool and tear into bite sized pieces for your little one.

Chicken Blend (8 months +): Whole chicken in crock pot with can of coconut milk some raw milk, chopped celery, carrots (use whatever veg you want) and sea salt. Cook until chicken and done. Take chicken out and skin and remove bones. Replace chicken and mix all together until chicken is shredded and it becomes a mush consistency.

Breakfast Ice Cream (8 months +): Take 1 x Frozen Banana and ½ Avocado and blend together until nice and creamy. Add a little Vanilla and some sweetener of your choice if you like. A great way to get some fruit and great fat into their diet at the beginning of the day especially in summer or if you're in a hurry!

Fish sticks (1 year +)

Can substitute shredded chicken or minced steak

2 cups meat - or two filets fish (salmon or tuna)

Variety of spices (usually Italian seasoning or a simple mixture)

1 egg, beaten

4 slices bread, toasted or untoasted (low gluten rye or sprouted grain works well)

½ tsp. turmeric

¼ tsp. sea salt

3+ Tbsp. coconut oil

Cook the meat (fish, chicken or beef). For fish, add 1 tablespoon coconut oil to baking dish add fish and sprinkle with spices. Cook at 300 degrees for 10 minutes (until fish is flaky) and let cool. Make bread crumbs by putting toasted bread in a mason jar and blending them up with the hand blender or in a food processor. Add the turmeric and sea salt to the bread crumbs. Note: play with different tastes here, dried mustard powder and parmesan cheese is a yummy combo! Take 1 cup of the cooked meat, blended with half a beaten egg with blender or food processor. Use more of the egg if necessary. Add blended meat and egg to the other cup of meat and mix well so there are no big chunks.

To make sticks: *Frying method:* In a fry pan, heat up 2 to 4 tablespoons coconut oil and/or lard. Take a portion of the meat mixture and squeeze out any excess liquid. Form a stick or nugget and roll in bread crumbs. Put stick or nugget in the hot oil and cook for 5 minutes then turn and cook another 5 minutes.

Add more oil as necessary to frying. Remove stick or nugget from the oil and set it on a drying rack. *Baking method:* Put 2 tablespoons of coconut oil in a glass baking dish and preheat in oven at 300 degrees. Place the sticks or nuggets in the oil. Cook for the same amount on each side as with frying.

Package up when cool.

Egg/Almond pancake (1 year +): Whip 1 egg and a heaping Tbsp. of almond meal (finely ground almonds) and cook on hot skillet with coconut oil. Add butter and a little maple syrup or Stevia.

Grilled Cheese and Shredded Meat or Veggie (1 year +): Prepare grilled cheese sandwich with raw cheese and sprouted bread. Puree, chop or shred meat chunks into tiny "bits" or crumbles and puree or chop veggies. Place meat between the cheese layers. Grill the sandwich and cut into little pieces; serve when cooled.

Really Raw Honey Balls/Bars (1 year +)

4 cups ground crispy nuts, seeds and/or nut butter

1 cup dried unsweetened coconut

2 / 3 cup unsweetened carob or cocoa powder

1 & 1 / 2 cups *Really Raw Honey* (can reduce honey or combine with other less sweet sweetener like brown rice syrup)

Mix all ingredients together by hand or in a food processor. Roll into balls. For variety, roll in groundnuts, sesame seeds, or coconut for extra elegance. For a crunchy feel, add 1 / 4 cup of nut pieces at end. Refrigerate or freeze for extended life. Can also spread in oiled 9X13 baking dish and top with coconut for a honey square instead of ball.

Butter Nut Balls (1 year +)

10 Tbsp raw butter

3 Tbsp cocoa or carob powder

1/8 tsp white Stevia powder extract

Finely chopped organic crispy almonds (see *Nourishing Traditions*)

1-2 tsp raw honey

Combine all ingredients, roll into balls, and enjoy.

Nut Bread/Muffins:

2 ½ cups ground crispy nuts (coffee grinder works best, but can use food processor with small amount of

Nuts at a time)

¼ cup melted butter

½ cup honey (more or less as desired, can also add Stevia glycerite)

½ tsp baking soda

1/8 tsp salt

3 eggs

3-8 Tbsp arrowroot powder (optional – if feel like you want a little thicker product)

Preheat oven to 375 degrees. In food processor, add (or keep) the ground nuts. Add other ingredients, with the butter last. Use the amount of butter needed to create a muffin or bread like consistency. For muffins, line cupcake tins with liners. Spoon batter into cupcake tins about half full. Bake at 375 for about 15 to 20 minutes or until muffins spring back when pressed. The muffins will fall after baking, which is normal for a flourless muffin. For bread, add an extra egg (4 all together) to batter and bake in a well-buttered or oiled 1-quart baking dish.

Crispy Nut Butter (1 year +): Purée equal amounts of crispy nuts, raw honey and coconut oil. Add salt to taste. Serve at room temperature. From *Nourishing Traditions* by Sally Fallon.

Pizza crackers: whole-grain crackers topped with a little pizza sauce, chopped veggies and grated cheese.

Fruit and cinnamon toast: whole-grain sprouted bread toasted and topped with a little applesauce and sprinkled with cinnamon.

Carrot Soup

2 cups vegetable broth + 2 cups of water

6 medium carrots, washed & shredded

3 medium potatoes, peeled & shredded

1 medium onion finely chopped

1/2 tsp salt

1 tsp pepper

1/4 tsp nutmeg

1 1/2 cups coconut milk (could use any milk choice) -can add more if the soup feels too thick.

½ stick of butter

1/4 cup chicken pan drippings (when roasting a chicken, save the pan dripping and freeze them and use for seasoning)

Combine: water, broth, vegetables, salt and pepper. Bring to boil, reduce heat and simmer under vegetables are tender. Remove from heat and pour into a food processor 1-2 cups at a time blend until smooth. Return blended mixture it and add nutmeg and butter. Stir in milk until heated through. Serves 6- 8 people.

Brown Rice Pilaf: Soak 1 cup rice in water (7 hours or overnight), drain, and rinse. Sauté 1/8-1/4 cup onion (chopped) in 1-2 Tbsp. butter, olive oil, or coconut oil add a little garlic, diced celery, chopped carrot, mushroom, etc. stir for 1-2 minutes add 2 cups liquid (chicken, beef or veggie broth or water) bring to a boil add a little sea salt and any other seasonings (sage, celery seeds, etc.) add the rice. Reduce heat to low or simmer cover and cook for approx. 40 minutes (check at 30 or 35 minutes).

Mac & Cheese:

1-2 cups cooked brown rice pasta spirals, spelt & kamut or whatever you like!

1 x Tbsp raw butter

1 ½ oz raw cheddar cheese

2 x Tbsp parmesan cheese

Sea Salt to taste

Place cooked pasta in a bowl with raw butter and melt. Grate on the cheeses, stir & enjoy. Make amount adjustments to suit. Another good cheese is Red Leicester but choose any you really like!