

Yummy **FISH DISHES** *For Your Baby*

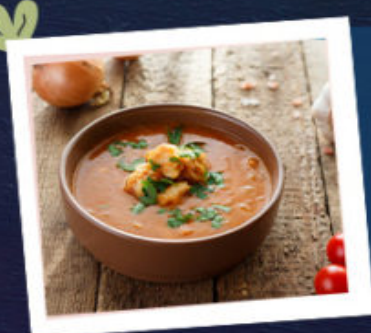


Fish Puree With Spinach And Pumpkin

Try this enhanced nutrition version once your baby is fine with plain fish puree.

Salmon And Potato Mash

Helps babies adjust to the taste and texture of fish.



Fish And Vegetable Soup

Fish boosted with the extra health of mixed vegetables.

Salmon Fish Cakes

Best to try during baby-led weaning.



Poached Fish In Milk

A yummy option to tone down the fish flavor. May add a little pepper powder for some extra taste.

Baked Fish Fingers

Yummy finger food to encourage self-feeding.



Oven Baked Plaice

A delectable dish with the tanginess of tomatoes.