

# Baby-Friendly Tofu Recipes



## Tofu Nuggets

- Cut the tofu into bite-sized pieces and drizzle them with olive oil.
- Sprinkle arrowroot powder and garlic powder and mix well until the mixture coats the tofu pieces evenly.
- Transfer the tofu onto a baking sheet. Preheat the oven to 200°C (400°F). Bake the tofu for about 10-15 minutes while flipping the tofu to the other side halfway through the time.
- Let it cool, and then serve in tiny pieces.



## Tofu soup



- Add dried kelp and sliced onion to a pot of water. Bring it to a boil, reduce heat to medium, and simmer for up to seven minutes. Remove the kelp.
- Add veggies, tofu, and garlic. Cook for up to four minutes. Cool and serve the soup to the baby in small sips.

## Stir-fried tofu

- Slice the tofu into small pieces that the baby can hold in their fingers.
- Cut vegetables that work great as finger food, such as cauliflower and carrots, and mix tofu and the vegetables in a bowl.
- Add a tablespoon of vegetable oil to a pan and shallow-fry the vegetables and tofu until soft
- Transfer to a plate. Let it cool and serve it to the baby.

