

Healthy And Tasty Recipes

For Your 13-Month-Old Baby



Overnight Oats

1. Combine quick oats and chia seeds in a mixing bowl. After that, add milk, yogurt, mashed banana, and vanilla extract for flavor.
2. Use plastic wrap to wrap the bowl. Refrigerate overnight.
3. Serve these creamy overnight oats without added sugar, and let your child enjoy the texture.
4. You can also add pieces of raspberries and blueberries to it.



Energy Balls

1. Put dates into a bowl and add the boiling water. Soak for ten minutes.
2. After draining the dates, keep them in a processor and blend until smooth.
3. Add desiccated coconuts, cocoa powder, pumpkin seeds, sunflower seeds, resins, and maple syrup.
4. Process until finely chopped. After that, roll into balls, chill for an hour and serve.



Vegetable Curry

1. Preheat the oven to 200°F. Place squash on the baking sheet and cauliflower on another.
2. Roast squash and cauliflower for 25 minutes. Fry shallots, pepper, ginger, garlic, and chili in a large saucepan.
3. After frying, add Thai curry paste and blend lemongrass, lime leaves, sugar, and coconut milk.
4. Bring it to a boil and simmer for ten minutes. Heat through after adding squash and cauliflower. Serve after removing the lemongrass.



Yogurt, Banana, And Carrot Loaf

1. Preheat the oven to 160°F. Grease and line a 99g loaf tin.
2. Put eggs, flour, baking powder, yogurt, mashed banana, grated carrots, flax, and pumpkin seeds in a bowl and whisk till everything's light and fluffy. Stir in the resins.
3. Bake for an hour until slightly golden.
4. Let it cool in the tin for five minutes. Allow to cool on a wire rack, cut into slices, and serve.

