



DELICIOUS MUFFIN RECIPES FOR YOUR BABY

TO EXPERIMENT WITH TASTE

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2



3



Common recipe steps

1. Mix the wet ingredients (A) in one bowl and dry ingredients (B) in another.
2. Mix the dry ingredients with the wet ones, beat them well and pour in muffin molds.
3. Bake the muffins at 356°F (185°C) for about 30 to 35 minutes.

Avocado-orange muffin

- A: 1 avocado, 1 orange, 1/4 cup maple syrup, 1 cup ground almond, and 1tsp vanilla blended till smooth
- B: 1/2tsp cinnamon powder, 1tsp baking soda, and 1/2 cup cocoa powder



Parsnip muffin

- A: 75ml coconut oil or melted butter, 40g light brown sugar, 2 tbsp honey, 100g plain yogurt, 1 egg, 1 parsnip and 1 apple, both finely grated
- B: 250g whole wheat flour, 1.5tsp baking powder, 0.5tsp baking soda, 0.5tsp cinnamon powder



Kale-tomato

- A: 250ml milk of your choice, 2 eggs, 60ml butter, 3tbsp fresh tomato puree, 2 cloves garlic crushed, 24 cherry tomatoes (diced), 1 cup finely chopped kale, 60g mozzarella cheese
- B: 300g whole wheat flour, 2tsp baking powder, 2tsp dried oregano



Meatloaf muffin

- A: 1tsp Dijon mustard, 2tbsp tomato paste, 1 egg, 1 onion (grated), 2 garlic cloves (grated), 1 apple (grated), and 2 cups ground turkey/chicken
- B: 2/3rd cup almond flour, and 1/4tsp salt

