

# Recipe Book



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## Fruit Puree

### Ingredients:

- 1 pear, peeled, quartered and cored
- 1 apple, peeled, quartered and cored

### Method:

Cut each piece of fruit into quarters, then put into a bowl, cover, and microwave for about 4 minutes.

Puree fruit in a food processor.

You can use immediately or store by freezing in ice cube trays.

When frozen, pop the fruit cubes out of the trays and transfer to freezer bags to store in freezer.

These fruit cubes are convenient for dessert or for mixing with baby's cereal.



## Homemade Teething Rusks

Makes 20

### Ingredients:

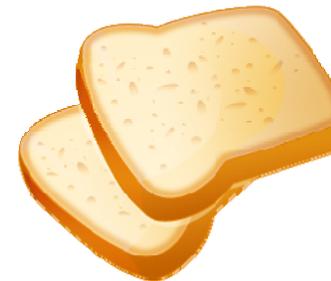
- 5 slices wholemeal bread

### Method:

Remove the crusts and cut the bread into fingers.

Put the bread on a baking sheet and bake in a very slow oven at 125°C for 1 hour or until the bread fingers are dry and hard.

Allow to cool and store in an airtight container.



## Sushi

Serves: 4

### Ingredients:

- 1 cup sushi rice
- 1 ½ cups water
- 3 tablespoons rice wine vinegar
- 1 teaspoon sugar
- 6 sheets nori (don't mention it's seaweed!)
- bamboo mat
- carrot sticks
- cucumber sticks
- cooked beef or chicken
- avocado slices
- soy sauce and pickled ginger, to serve



### Method:

Place rice and water in a saucepan, cover and bring to the boil. Reduce heat to a simmer for 10 minutes. Turn off heat and leave for 10 minutes covered.

Spread rice into a container and allow to cool, then sprinkle with combined vinegar and sugar. Stir thoroughly.

Use scissors to cut a sheet of nori in half. Place nori shiny side down on the bamboo mat. Place some of the rice on the sheet, press down with wet fingers to a depth of 0.5cm, leaving a 1cm gap at one end. Arrange fillings on top of the rice.

Start rolling up from the end with fillings. Lift the bamboo mat and roll tightly. Wet the strip at the end and push gently to seal the edges. Slice into six or eight pieces using a sharp, wet knife.

Place on a serving platter, cover with plastic wrap and refrigerate for 30-60 minutes to allow the nori to soften.

Notes: If you finely chop the filling and stir it through the rice, it is then a good way to sneak in some fish, prawns and vegetables.

## Red Lentil and Pumpkin Soup

Serves: 6

### Ingredients:

- 1 tablespoon olive oil
- 1 large brown onion, diced
- 2 cloves garlic, sliced
- ½ teaspoon turmeric
- ½ teaspoon cumin, ground
- 1 teaspoon paprika
- 2 teaspoons salt
- 1 kg pumpkin, peeled and diced (Jap pumpkin is good)
- ¾ cup red lentils, washed twice and strained
- 4 cups boiling water
- ¼ cup cream (optional)
- ¼ cup basil leaves (optional)



### Method:

Heat a large frying pan with oil then add onions and garlic.

Cook for one to two minutes then add spices and one teaspoon of salt.

Stir until aroma is released then add pumpkin until pieces are coated.

Turn your slow cooker on to HIGH and pour the pumpkin and onion mixture into the pot.

Deglaze the frying pan with boiling water. Pour water into pot, add lentils then stir to combine ingredients.

Place the lid on and cook for 3 hours.

Turn off slow cooker; add cream, extra salt and basil leaves (if using).

Puree in food processor then serve.

## Mini Quiches

**Makes: 18 quiches**

### Ingredients:

- 3 sheets puff pastry
- 2 eggs
- ½ cup milk
- Chopped ham or cooked chicken (shredded)
- Chopped mushrooms/pineapple/ or other vegetables
- Grated cheese
- Chopped parsley
- Season all

### Method:

- Preheat oven to 180°C
- Using an egg ring or other circle shape cutter, cut out 18 circles from the sheets of slightly thawed puff pastry and place each in a greased muffin tin
- In a mixing bowl lightly whisk eggs and milk together and stir through sprinkling of season all and chopped parsley.
- Place equal portions of ham, vegetables and grated cheese in each of the pastry shells.
- Spoon teaspoonfuls of egg mixture into each shell until they are each ¾ full.
- Bake in oven for 15 – 20 mins or until puffed and golden.



## Homemade Chicken and Vegetable Sausage Rolls

**Serves: 4 - 6**

### Ingredients:

- 3 sheets of puff pastry
- 500g chicken mince or any other mince you prefer
- 1 onion chopped finely
- 1 carrot, grated (squeezed to remove excess moisture)
- ½ capsicum, chopped finely
- 1 clove garlic, crushed
- 1 egg, beaten
- ¼ cup breadcrumbs
- Chopped mushrooms
- ½ zucchini, grated (squeezed to remove excess moisture)
- Sweet chili sauce (to taste)
- 1 egg beaten, extra

### Method:

- Preheat oven to 180°C
- In a large mixing bowl, combine mince, vegetables, beaten egg, breadcrumbs and sweet chili sauce
- Cut each sheet of pastry in half and in a line down centre of each half spoon mixture to resemble a sausage form.
- Roll pastry over mixture until sealed and join is underneath sausage roll.
- Divide each roll into 3 then place on lined baking trays brushing with extra beaten egg
- Bake in oven for 20 – 25 mins or until puffed and golden.

## Muesli Slice

### Ingredients

580g (4 cups) Toasted Muesli – mixture  
1 x 395ml Can Sweetened condensed milk  
100g chocolate bits

### Method

1. Preheat oven to 180 degrees celsius brush or spray trays with oil or butter.
2. Combine the muesli, condensed milk, and choc bits in a large bowl.
3. Spoon into the tray and smooth the surface.
4. Bake in oven for 30mins or until golden brown.

### Variations

Add sultanas and chopped dried apricots or other dried fruit and seeds to your child's tastes.

## Banana Cake

### Ingredients

150g butter  
3 bananas  
1/2 cup white sugar  
1/2 cup brown sugar  
1 tsp vanilla essence  
2 large eggs  
1/2 cup milk  
2 cups self-raising flour

### Method:

1. Melt butter in a large saucepan until liquid then remove from heat.
2. Mash bananas thoroughly until no chunks. Pour into saucepan with sugars, vanilla essence and eggs. Beat with a whisk until all ingredients are well blended.
3. Stir in the milk and mix in. Add the flour and mix thoroughly.
4. Bake in a large loaf tin well coated with non-stick spray.
5. Bake at 180 degrees (170 degrees fan forced) for 40-50 minutes. Stand for 5 minutes then move onto cooling rack.



## Anzac Slice

### Ingredients

- 1 1/4 cups plain flour
- 1 1/4 cups rolled oats
- 1 cup firmly packed brown sugar
- 1 cup desiccated coconut
- 150g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda
- 2 tablespoons boiling water

### Method

1. Preheat oven to 180°C. Grease and line a slice pan with baking paper.
2. Combine flour, oats, sugar and coconut in a large bowl. Make a well in the centre.
3. Melt butter and golden syrup together, cook, stirring occasionally until smooth. Combine bicarbonate of soda and boiling water in a jug. Stir in bicarb mixture. Add this to the flour mixture and stir to combine.
4. Transfer to prepared pan. Using the back of the wooden spoon, press mixture evenly into pan and bake for 25—30 mins or until golden. Cool in pan. Cut into squares. Serve

## Cheesy Biscuits

### Ingredients

- 115g butter, at room temperature, plus extra for greasing
- 115g grated cheese
- Black pepper
- 150g self-raising flour
- Cold water

### Method

1. Preheat the oven to 180°C. Grease two baking sheets with butter.
2. Put the butter and cheese in a bowl and add a good amount of ground pepper. Beat them together until they make a soft, creamy mixture.
3. Sieve the flour into the butter mixture. Stir the butter mixture together and then bring it together with your hands.
4. Break off walnut-sized lumps of mixture and roll them between your hands to make round balls. Place them on the baking sheets, spacing them well apart.
5. Dip a fork into cold water, then gently press onto the top of each ball to flatten it. You will need to keep dipping the fork in water to stop it sticking to the biscuit mixture.
6. Bake the biscuits for 15-20 minutes until they are golden



# Baby Oatmeal Cereal

Makes 1 cup

## Ingredients:

- 1/2 cup rolled oats
- 1 1/4 cup water

## Method:

Put the water in a pot, then add the oats.

Bring the liquid close to a boil while stirring.

Turn the heat off, cover the pot and let the oatmeal cook in its own steam till soft (about 10 minutes).

This process is similar to making instant rice.

Flavor the oatmeal with a little expressed breast milk or formula, if desired.

Be sure oatmeal is not too hot when served.

**Variation:** Mix 1/3 banana and ¼ cup expressed breast milk or formula together, then add to oatmeal mixture stirring well.



# Custard

## Ingredients:

- 570ml milk
- 55ml thickened cream
- 1 vanilla pod or ½ tsp vanilla extract
- 4 egg yolks
- 30g caster sugar
- 2 tsp gluten-free corn flour

## Method:

Bring the milk, cream and vanilla pod to simmering point slowly over a low heat. Remove the vanilla pod

Whisk the yolks, sugar and corn flour together in a bowl until well blended. Off the heat, pour the hot milk and cream on to the eggs and sugar, whisking all the time.

Return to the pan, (add vanilla extract if using) and over a low heat gently stir with a wooden spatula until thickened.

Pour the custard into a jug and serve at once.

## Notes

- To keep the custard hot, stand the jug in a pan of hot water and cover the top with cling film to prevent a skin forming.
- You can wash the vanilla pod after you've used it, dry it and store it in jar with caster sugar to make vanilla sugar.

## Chicken Rice and Vegetables

### Ingredients:

- 1 cup water
- 1 chicken breast
- 1/4 cup rice (wholemeal or white if preferred)
- 3 carrots, peeled and sliced
- 120g green beans, whole

### Method:

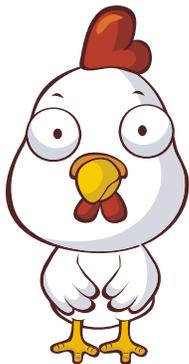
Add water, chicken and rice to a medium size saucepan and simmer for 20 minutes.

Add carrots and beans, simmer for 10 minutes.

Strain chicken and vegetables, reserving liquid.

Place chicken and vegetables in a food processor and add enough reserved liquid to make a moist, smooth consistency.

**Note:** There is no need to add salt or seasonings to baby's food as they will appreciate the natural flavours. By using the reserved liquid you are adding back the natural flavours and nutrients from the food. As baby gets older you could leave puree a little lumpy if they can tolerate.



## Beef and Vegetable Dinner

### Ingredients:

- 1/2 cup sweet potato, peeled, diced
- 1/2 cup peas, fresh or frozen
- 1/2 cup cooked beef
- 1 tbs tomato paste (if your baby is over 10 months)

### Method:

In a small saucepan combine sweet potato and peas.

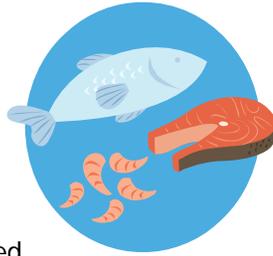
Add enough water just to cover.

Cook until tender, reserving liquid.

Put beef, carrots, peas, and tomato paste (if your baby is over 10 months), into a food processor and puree, adding reserved water until the mixture is the desired consistency for smaller babies, or chop as needed for the older/toddler baby.



## Tuna Dip



**Serves:** 4 - 6

### Ingredients:

- 425g tin of tuna in spring water, drained
- 1/3 cup whole-egg mayonnaise
- 1 tablespoon toasted sesame seeds
- ½ teaspoon ground pepper
- 1 whole ripe avocado, mashed well
- juice of ½ a lemon
- pinch of salt
- 3 carrots, peeled and chopped into long sticks

### Method:

In a large mixing bowl, whisk together tuna, mayonnaise, sesame seeds and pepper very well until fluffy.

Pat this mixture flat into little ramekins or bowls with a ½ cup capacity.

Mix the avocado with the lemon and salt and spread flat over the dip so the tuna is completely covered.

Stick the carrot sticks into the middle and serve.

### Notes:

- Other vegetables such as sugar snap peas (string removed) or Lebanese cucumbers cut into sticks make great dippers as well.
- If you make this ahead of time, cover the dip with cling-wrap and float the carrot sticks in an air-tight container full of iced water until you need them.
- Cut up and grill whole meal pita bread into triangles for dipping instead

## Chicken Balls

**Makes:** 30 balls

### Ingredients:

- 1 small onion
- 600g chicken mince
- ½ cup cornflake crumbs (gluten-free)
- ½ cup freshly grated parmesan cheese
- 1 egg, lightly beaten
- Sweet chilli or tomato sauce, to serve

### Method:

Preheat oven to 180°C. Line a baking tray with baking paper.

Finely chop the onion. Combine onion, chicken, cornflake crumbs, cheese and egg in a large bowl.

Mix until well combined and roll tablespoons of mixture into small balls.

Place balls on tray and bake for 30 minutes until golden and sizzling.

## Mini Burgers

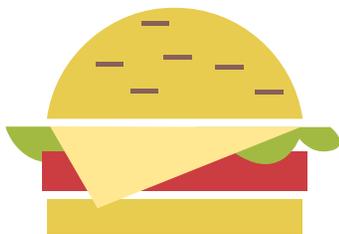
Serves: 4 - 6

### Ingredients:

- Dinner rolls
- 500g veal mince or any other mince you prefer
- 1 onion chopped finely
- 1 carrot, grated (squeezed to remove excess moisture)
- ½ capsicum, chopped finely
- 1 clove garlic, crushed
- 1 egg, beaten
- ¼ cup breadcrumbs
- Chopped mushrooms
- ½ zucchini, grated (squeezed to remove excess moisture)
- Sweet chili sauce (to taste)
- Salad items to serve on burger

### Method:

- In a large mixing bowl, combine mince, vegetables, beaten egg, breadcrumbs and sweet chili sauce
- Take dessert spoonfuls of mixture and shape into small patties
- Place in fridge for 20 mins to firm.
- Pan fry or barbecue patties
- Top a dinner roll with a patty, sliced tomato, beetroot, lettuce or other desired healthy burger toppings



## Crab or Salmon Cakes

Serves: 4 - 6

### Ingredients:

- Can of shredded crab meat or salmon
- 1 large potato cooked, mashed and cooled / or leftover mashed potato
- 1 egg, beaten
- ¼ capsicum, chopped finely
- ½ onion chopped finely
- 1 clove garlic, crushed
- 2 tablespoons dried breadcrumbs
- Extra bread crumbs for crumbing

### Method:

- In a large mixing bowl, combine crab meat, vegetables, beaten egg, and 2 Tablespoons breadcrumbs.
- Take dessert spoonfuls of mixture and shape into small patties or logs and crumb in extra breadcrumbs
- Place in fridge for 20 mins to firm.
- Pan fry crab cakes
- Serve with a garden salad and dipping sauce/ tartare (mayonnaise and gherkin relish mix)



## Tzatziki Dip

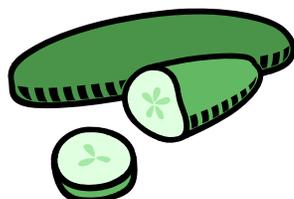
### Ingredients

1 seeded, grated lebanese cucumber  
500g greek style yoghurt  
1 teaspoon of ground cumin  
2 tablespoons of coarsely chopped fresh mint.

### Method

Combine all ingredients in a small bowl.

*NB. Makes 2 cups. Delicious with crackers, or carrot and celery sticks!*



## Hummus Dip

### Ingredients

2 x 300g cans of chickpeas  
2 tablespoons of tahini  
1/3 cup of lemon juice (80ml)  
2 quartered cloves of garlic  
1/4 cup of water (60ml)  
1/2 cup of olive oil (125ml)

Rinse the chickpeas in running water. Blend with tahini, lemon juice, garlic and water until almost smooth. With the motor running, gradually add oil in a thin stream until mixture forms a smooth paste.

*NB. Makes 2 1/2 cups. Delicious with crackers, or carrot and celery sticks!*

## Apricot Muesli Slice

### Ingredients

100g butter  
1/2 cup of caster sugar (110g)  
1 egg yolk  
2/3 cup plain flour (100g)  
1/4 cup of self-raising flour (35g)  
1 tablespoon custard powder  
1/2 cup of apricot jam, warmed  
1/4 cup of honey (90g)  
50g butter  
1 1/2 cups of rolled oats (135g)  
1 cup of cornflakes (40g)  
1/2 cup shredded coconut (35g)  
1/2 cup of finely chopped dried apricots



### Method

1. Preheat oven to 180°C. Grease then line 20cm x 30cm lamington pan with baking paper.
2. Beat butter, sugar and egg yolk in small bowl with an electric mixer until light and fluffy. Stir in sifted flours and custard powder. Using fingers, press mixture over base of prepared pan. Bake, uncovered for about 15 minutes or until browned lightly.
3. Meanwhile, heat honey and butter in a small saucepan until butter has melted. Transfer into a large bowl, stir in rolled oats, cornflakes, shredded coconut and dried apricots.
4. Remove slice from the oven, spread with jam. Sprinkle muesli topping over jam, pressing gently with fingers. Return to oven and bake for a further 15 minutes. Cool slice in pan.

## Cooked Playdough

### Ingredients

2 cups of plain flour  
4 tablespoons of cream of tartar  
2 tablespoons of cooking oil  
1 cup of salt  
2 cups of water  
Food colouring if desired

### Method

1. Mix the flour, cream of tartar and salt together. Add the oil and coloured water.
2. Stir over low heat until mixture congeals.
3. Empty dough out of saucepan and knead until the mixture is smooth and not sticking to fingers.  
(Children can help to do this when cool to touch!)

*Handy Hint: Sprinkle some spare flour on the bench you are kneading the dough on.*



## Homemade Clay

### Ingredients

1 cup cornflour  
450g bicarbonate of soda  
1 1/2 cups water

### Method

1. In a large saucepan combine cornflour and bicarbonate of soda.
2. Stir in water. Cook and stir over low heat until mixture thickens and forms a ball.
3. Remove from heat. Turn clay out onto a surface dusted lightly with cornflour. When cool enough to handle, knead the clay until smooth.
4. Cover clay; cool completely. Use to make footprints, handprints, moulds, etc...

