

15+

RECIPES FOR LITTLES

Created for you by the Inspire Health Services dietetics team.

INSPIRE



BREAKFAST

Ricotta toast

Tried & Tested by Inspire



CUSTOMISABLE

QUICK AND EASY

HIGH IN PROTEIN

Prepare Time
0 Minutes

Cook Time
10 Minutes

Servings
1



Ricotta toast

Tried & Tested by Inspire

Ingredients

2 slices sourdough
1/3 tub light ricotta
1 cup berries (fresh or frozen)
1 tbsp sugar free maple syrup
Mint leaves, optional

Method

1. Toast your sourdough to your liking.
2. Once toasted, spoon ricotta evenly onto both slices of sourdough.
3. Meanwhile, place the berries into a small microwave safe bowl.
4. Heat in microwave for 30-60 seconds or until warm and syrupy.
5. Top with berries and drizzle with sugar free maple syrup.
6. Garnish with mint if desired.
7. Serve and eat immediately while fresh.

SUBSTITUTES:

- The possibilities are endless with this breakfast. Add any fruit of choice to mix it up!
- Try adding avocado instead of fruit for a savoury option
- You can use honey instead of maple syrup if your little one is over 12 months old

Eggless Waffles

Tried & Tested by Inspire



CUSTOMISABLE

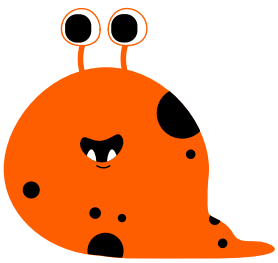
QUICK AND EASY

FUN TO MAKE

Prepare Time
5 Minutes

Cook Time
15 Minutes

Servings
10





Eggless Waffles

Tried & Tested by Inspire

Ingredients

2 cups (280 g) all-purpose flour
2/3 cup (130 g) sugar
1 teaspoon baking soda
3 teaspoons baking powder
2 cups (480 ml) buttermilk
4 tablespoons (60 g) butter, melted
2 teaspoons pure vanilla extract

Method

1. Combine the flour, sugar, baking soda, baking powder, and salt in a medium bowl and whisk to combine.
2. Add the wet ingredients: buttermilk, butter, and vanilla, and mix until smooth. Let the batter rest at room temperature for 10 minutes.
3. Preheat a waffle iron and spray with non-stick cooking spray. Pour the batter into the waffle iron and cook according to the manufacturer's instructions, usually for 2 to 3 minutes.
4. Place in a 200° F (95° C) oven to keep waffles warm while you finish with the rest of the batter.

Tip:

- Grab a waffle maker from Kmart for $15
- Add any fruit, yoghurt or savoury toppings to this easy breakfast!

Breakfast Quesadilla

Recommended by Inspire



VEGETARIAN

QUICK AND EASY

HIGH IN PROTEIN

Prepare Time
5 Minutes

Cook Time
15 Minutes

Servings
4



Breakfast Quesadilla

Recommended by Inspire

Ingredients

Olive oil
½ onion , diced
1 red bell pepper , diced
1 green bell pepper , diced
1 block extra firm tofu , pressed & crumbled into small bite-sized pieces (switch for egg if you prefer)
½ teaspoon turmeric
½ teaspoon garlic powder
½ teaspoon cumin powder
1 cup cheese, grated
10-inch tortillas

Method

1. Heat 2-3 teaspoons of olive oil in a large pan over medium heat.
2. Add onions, red bell pepper, green bell pepper. Cook until veggies are tender. Remove from pan and set aside.
3. Wipe out the same pan and return to stove on medium heat. Add 1 tablespoon olive oil & stir in turmeric, garlic powder & cumin, combine well.
4. Add crumbled tofu & toss to coat. Cook for 5-6 minutes, until heated through and lightly browned. Taste for seasoning and add more as needed.
5. Heat a separate large non-stick pan or griddle over medium heat. When heated, place one tortilla in the pan and heat for 30 seconds.



Breakfast Quesadilla

Recommended by Inspire

Method (continued)

6. Flip the tortilla and prepare to assemble. Sprinkle the cheese shreds on half of the tortilla. Now add a layer of tofu/eggs on top, then a layer of onions & peppers, and top more cheese.
7. Don't overfill. Fold over to close.
8. Lightly press down tortilla with the spatula. Cook for about 1 minute and flip.
9. Cook other side for 1 ½ minutes, or until cheese is melted & tortilla is lightly browned. Lightly press with spatula again. Be careful not to burn.
10. Remove from pan. Place in oven on low heat to keep warm. Repeat process for remaining tortillas. Cut in half to serve.

SUBSTITUTES:

- This recipe has been made egg free, however, swap out tofu for scrambled eggs if you would prefer!
- Add in any veggies that you'd like. Spinach is great to add for iron
- Add in protein such as ham
- Have your little ones dip in their sauce of choice



SNACKS

DIY Trail Mix

Tried & Tested by Inspire



PREPARE IN ADVANCE

QUICK AND EASY

HEALTHY SNACK

Prepare Time
10 Minutes

Cook Time
0 Minutes

Servings
Customizable

DIY Trail Mix

Tried & Tested by Inspire



Method

Grab yourself a large airtight storage jar. An old coffee jar would do, or a plastic cereal container etc.

This ‘recipe’ is so simple, but such a hit with little ones. Either make it yourself, or get them involved with pouring in their contents.

Pick as many ingredients as you’d like (examples are all included below) and combine in one big batch. Take smaller portions out and about for an easy grab and go snack!

Ingredients

- Raisins
- Sultanas
- Nuts (Allergy permitting)
- Cereal (Nutrigrain, Cheerios, Rice Bubbles etc)
- Freeze Dried Fruit (Strawberries, Raspberries)
- Dried Banana Chips
- Yoghurt drops (Shelf stable)
- Pretzels
- Chocolate chips
- Pepitas
- Sunflower Seeds
- Cranberries

Chia Cheese Crackers

Tried & Tested by Inspire



HEALTHY SNACK

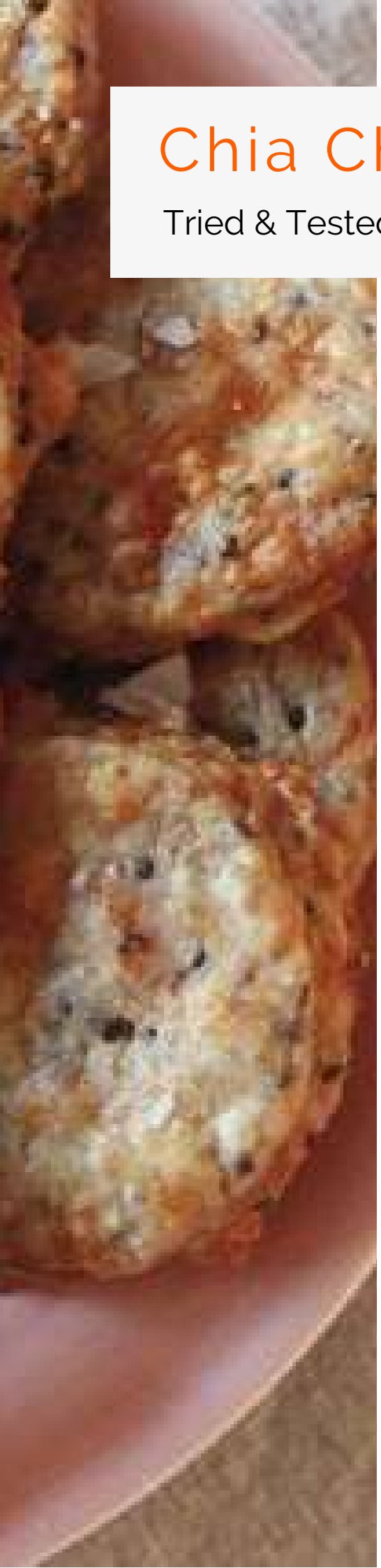
QUICK AND EASY

LUNCHBOX FRIENDLY

Prepare Time
5 Minutes

Cook Time
10 Minutes

Servings
70-100 Crackers



Chia Cheese Crackers

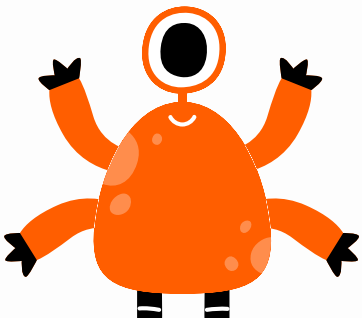
Tried & Tested by Inspire

Ingredients

220g Plain flour
240g Cheddar Cheere
1/2 tsp cayenne pepper
1 heaped tsb smoked paprika
140g unsalted butter
3 heaped tbsp chia seeds
1 tbsp ground flaxseed mixed with 2.5 tbsp warm water (faux egg mixture - replace with 1 egg if you prefer)

Method

1. Preheat the oven to 200 degrees C
2. Add flour cayenne, paprika & butter to a food processor and blitz until breadcrumbs form
3. Add cheese & chia seeds & blitz again until combined
4. Add flaxseed (faux egg) mixture or 1 egg, a little at a time and mix in between
5. tip the dough onto a floured surface, cut into 4, and roll to 3mm thickness.
6. Use a cookie cutter to shape crackets, or cut into strips.
7. Place on baking tray and bake for 8-10 minutes or until golden brown



Carrot & Lentil Fritters

Tried & Tested by Inspire



GREAT FOR WEANING

FREEZER FRIENDLY

VEGGIE PACKED

Prepare Time
15 Minutes

Cook Time
20-30 Minutes

Servings
4

Carrot & Lentil Fritters

Tried & Tested by Inspire



Ingredients

1 carrot, finely grated
1/2 red onion, finely chopped
1 clove garlic, finely chopped
200g tinned lentils (rinsed)
1/2 Tbsp ground cumin
3tsp Plain greek yoghurt
1/4 cup self raising flour
1/2 tsp vegetable stock powder
Pinch cracked black pepper
1 handful grated parmesan cheese
2 Tbsp olive oil

Method

1. Add oil to a large fry pan.
2. In a medium sized bowl, add all remaining ingredients.
3. Stir until combined.
4. Heat oil over medium heat until hot. Using 1/4 cup of mixture per fritter, spoon mixture, 3 fritters at a time, into pan.
5. Cook for 3 to 4 minutes each side or until golden and firm to touch in the center.
6. Transfer to a wire rack to cool.

TIPS:

- These fritters will store in the fridge for up to 3 days.
- Serve with some natural yoghurt or hummus for a nutritious, savoury snack.
- Great for little hands!

Vegetable Savoury Muffins

Tried & Tested by Inspire



GRAB & GO SNACK

FREEZER FRIENDLY

VEGGIE PACKED

Prepare Time
15 Minutes

Cook Time
25 Minutes

Servings
12

Vegetable Savoury Muffins

Tried & Tested by Inspire



Ingredients

1 medium Zucchini, grated
1 medium Carrot, grated
30g Frozen Peas
30g Frozen Corn
125g Cheddar Cheese, grated
125ml Milk
60ml Olive Oil
180g Plain Yoghurt
3 tablespoon Chopped Parsley
250g Plain Wholemeal Flour
2 tsp Baking Powder

Method

1. Preheat oven to 180C/ 160C (Fan)/ 350F
2. Place the zucchini and carrot onto a clean dish towel and wrap it around the vegetables. Squeeze all the juice out.
3. Place the zucchini and carrots into a large mixing bowl along with the peas and sweetcorn. Add the cheese, milk, yogurt, olive oil and parsley. Stir until combined.
4. Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently, until just combined.
5. Spray a 12 hole muffin tray with oil or grease with butter. Spoon the mixture, equally, between the 12 muffin sections. Bake for 20-25 mins.

TIPS:

- Sneak in any extra veggies if you prefer
- This recipe has replaced egg with plain yoghurt, if you'd prefer to use eggs, use 2 in this recipe and remove the yoghurt
- Add sunflower seeds on top for a protein crunch

Apple & Rhubarb Parfait

Tried & Tested by Inspire



HEALTHY DESSERT

QUICK AND EASY

CUSTOMISABLE

Prepare Time
15 Minutes

Cook Time
25 Minutes

Servings
4



Apple & Rhubarb Parfait

Tried & Tested by Inspire



Ingredients

1 large bunch rhubarb
2 green apples
1 cup strawberries
4 cups light Chobani yoghurt
100g rolled oats
60g sultanas
30g pumpkin seeds
25g desiccated coconut

Method

1. Slice rhubarb into 1-2cm pieces. Peel apples, core and slice into 1cm pieces. Remove stems of
2. strawberries and quarter. Place all sliced rhubarb and fruit into saucepan and add ¼ cup water.
3. Heat saucepan over medium heat and cook until rhubarb is soft and breaks apart easily. Set aside.
4. Preheat oven to 160°C (150°C fan-forced) and line a baking tray with baking paper.
5. Spread oats, coconut, sultanas and seeds on baking paper. Place tray in oven and bake until oats are starting to become golden. Set aside to cool.
6. Layer yoghurt, warm rhubarb and apple mixture and top with toasted muesli, serve immediately.
7. For meal prepping please store the muesli in an airtight container and assemble prior to eating.



LUNCH/DINNER

Veggie Nuggets

Tried & Tested by Inspire



GREAT FOR WEANING

FREEZER FRIENDLY

VEGGIE PACKED

Prepare Time
30 Minutes

Cook Time
35 Minutes

Servings
30 Nuggets



Veggie Nuggets

Tried & Tested by Inspire

Ingredients

- 2 large (600g) potatoes, peeled, chopped
- 1 tsp olive oil
- 1/2 small brown onion, finely chopped
- 1 medium zucchini, finely grated
- 1 medium carrot, peeled, grated
- 1/3 cup grated cheese
- 3 tbsp plain greek yoghurt
- 1 tbsp milk
- 1 cup multigrain breadcrumbs
- Olive oil cooking spray
- Your choice to dip, to serve

Method

1. Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper.
2. Cook potato in a saucepan of boiling water for 10 minutes or until tender. Drain. Mash. Set aside to cool for 5 minutes.
3. Meanwhile, heat oil in a frying pan over medium heat. Add onion. Cook, stirring, for 2 to 3 minutes or until softened.
4. Squeeze excess liquid from zucchini. Combine zucchini, carrot, cheese and onion in a bowl. Add mashed potato. Season with salt and pepper. Stir to combine.



Veggie Nuggets

Tried & Tested by Inspire

Method (Continued)

7. Mix your greek yoghurt and milk together in a bowl. Add 1 tablespoon yoghurt mixture to potato mixture. Stir to combine.
8. Place breadcrumbs on a plate. Roll level tablespoons of mixture into 30 nuggets.
9. Dip 1 nugget at a time into remaining egg mixture, shaking off excess. Coat in breadcrumbs. Place on prepared tray.
10. Spray nuggets lightly with oil. Bake for 15 to 20 minutes or until golden.

SUBSTITUTIONS:

- Grate in any additional veggies your little one prefers
- This recipe has been adapted to remove the egg allergen. Replace greek yoghurt with 1 egg if you prefer
- Add parmesan, for cheesy nuggets!
- Try substituting regular potato, for sweet potato

Chicken & Veg Skewers

Tried & Tested by Inspire



FUN TO EAT

HIGH IN PROTEIN

VEGGIE PACKED

Prepare Time
30 Minutes

Cook Time
15 Minutes

Servings
14 Skewers



Chicken & Veg Skewers

Tried & Tested by Inspire

Ingredients

500G diced chicken breast
1 x red capsicum (diced into thin pieces)
1/2 x large red onion (diced into thin pieces)
1 x zucchini (diced into thin pieces)
1/3 pineapple
- 120g halloumi (diced into thin cubes)
2 tbsp Olive oil
2 tbsp Red wine vinegar
1 tsp Honey
3 tsp Oregano
2 tsp minced garlic
Lemon juice to top

Method

1. Mix olive oil, red wine vinegar, honey, oregano, pepper and garlic in a small bowl.
2. Add diced chicken to a zip lock bag with marinade sauce and mix thoroughly. Leave in fridge for at least 30 minutes to marinade.
3. In the meantime, dice up capsicum, red onion, zucchini, pineapple and halloumi.
4. Thread vegetables, halloumi and chicken onto skewers until all ingredients are used.
5. Cook on a hot plate or BBQ for 2-3 minutes on each side.
6. Serve with fresh squeeze of lemon juice.

English Muffin - Mini Pizza

Tried & Tested by Inspire



FUN FOR COOKING TOGETHER

QUICK AND EASY

CUSTOMISABLE

Prepare Time
5 Minutes

Cook Time
15 Minutes

Servings
1 Muffin = 1 Serving



English Muffin - Mini Pizza

Tried & Tested by Inspire

Ingredients

- Wholemeal English Muffins
- Cheese (any cheese of your choice)
- Toppings of your choice
- Sauce of your choice

Method

1. Take your English muffin and cut in half, place on a baking tray face down
2. Grill on medium for a few minutes or until golden brown, and remove from oven
3. Flip your muffins over, exposing the fluffy inside, and cover in your sauce of choice.
4. Add cheese and any toppings, beffore returning to the grill for 4-5 minutes
5. Remove from the grill and allow to cool slightly before serving.

SUBSTITUTIONS:

- Swap your english muffin for a tortilla wrap, sandwich thin, pita, or bagel if you prefer
- Use any cheese of choice for this recipe (cheddar, mozzarella, red leicester etc)
- Use any toppings, e.g. mushroom, spinach, ham etc



FAMILY MEALS

Cauliflower Cheese Gnocchi Bake

Tried & Tested by Inspire



VEGGIE PACKED

FREEZER FRIENDLY

QUICK & EASY

Prepare Time
10 Minutes

Cook Time
20 Minutes

Servings
Family of 4



Cauliflower Cheese Gnocchi Bake

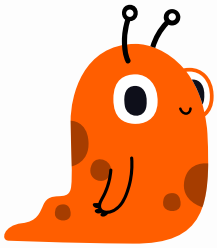
Tried & Tested by Inspire

Ingredients

400ml full-fat whole milk
1 low-salt chicken or vegetable stock cube
260g Cauliflower, cut into florets
1 heaped tsp cornflour
1/2 tsp Engligh mustard (optional)
190g Cheddar cheese, grated
500g gnocchi
Black pepper to taste

Method

1. Preheat the oven to 200 degrees C
2. Measure milk into a microwavable jug and crumble in stock cube. Add cauliflower and black pepper, before microwaving on high for 5 minutes
3. Once cauliflower is cooked, add cornflour and mustard, the blend using a handheld blender until smooth.
4. Stir in 2/3 of the cheese, and pour into an ovenproof dish
5. Tip gnocchi into the sauce, stir well and topp with remaining cheese.
6. Bake for 20 minutes or until cheese has turned golden.



Mediterranean Risoni

Tried & Tested by Inspire



VEGGIE PACKED

FAMILY FRIENDLY

VEGETARIAN

Prepare Time
10 Minutes

Cook Time
25 Minutes

Servings
Family of 4



Mediterranean Risoni

Tried & Tested by Inspire

Ingredients

200g dry risoni pasta
400g firm tofu
2 cloves garlic
1 lemon juiced
1 tbsp. olive oil
4 tbsp. pesto

2 small eggplants
2 medium zucchinis
1 punnet cherry tomatoes
1 large red onion
1 small bunch silver beet



Method

1. Heat non-stick saucepan over medium heat. Fill medium pot with 1200ml of water and bring to boil.
2. Dice tofu into 1-2cm pieces and place in container with lemon juice and oil and set aside for 10-15mins.
3. Roughly dice red onion, eggplant, zucchinis and half cherry tomatoes. Roughly slice sliverbeet and mince garlic.
4. Add garlic and onion to pan and sauté until onions have softened.
5. Add eggplant, zucchinis and cherry tomatoes, continue to sauté until softened and starting to become golden, add silver beet and wilt, remove from heat.



Mediterranean Risoni

Tried & Tested by Inspire

Method (Continued)

6. Place risoni into boiling water and cook according to packet instructions. Rinse immediately and set aside.
7. In a second pan, heat over medium heat and add tofu in saucepan and cook until tofu is starting to become golden.
8. Return vegetables to medium heat and add risoni and pesto. Stir until well combined.
9. Serve vegetable risoni and top with lemon tofu.

SUBSTITUTIONS:

- Swap Tofu for any protein of choice (chicken, steak etc)
- Add in any additional veggies you'd prefer, the more the merrier
- Try adding olives, strong flavours are great for little tastebuds to get used to
- Try a sprinkle of feta on top
- Try red or green pesto to change up the flavours

San Choy Bow

Tried & Tested by Inspire



FAMILY MEAL

HIGH IN PROTEIN

VEGGIE PACKED

Prepare Time
15 Minutes

Cook Time
20 Minutes

Servings
4

San Choy Bow

Tried & Tested by Inspire



Ingredients

Cos hearts or iceberg lettuce cups
3 tbsp hoisin sauce
2 tbsp oyster sauce
1 tbsp sweet chilli
1 tsp sesame oil
1 tbsp olive oil
1 brown onion, finely chopped
3cm piece ginger, grated
2 garlic cloves, crushed
500g turkey breast mince
2 grated carrots
1 red capsicum, diced
3 spring onions, thinly sliced
Fried noodles, coriander and bean sprouts

Method

1. Place lettuce into a large bowl and rinse to clean.
2. Combine hoisin, oyster, and sweet chilli sauce with sesame oil in a cup.
3. Heat oil in a fry pan over medium heat. Add onion, ginger, and garlic.
4. Stir fry for 2 minutes or until translucent.
5. Add mince and cook for 5 minutes or until browned
6. Add carrot and capsicum.
7. Cover and cook for 3-4 minutes then add the spring onions and sauce.
8. Stir for 2 minutes and then serve in a bowl.
9. Build your lettuce cups by filling with mince.
10. Top with fried noodles, bean sprouts and coriander.

Cheesy Meatballs

Tried & Tested by Inspire



HIGH IN PROTEIN

FREEZER FRIENDLY

VEGGIE PACKED

Prepare Time
30 Minutes

Cook Time
45 Minutes

Servings
Family of 4



Cheesy Meatballs

Tried & Tested by Inspire

Ingredients

- 500g lean beef mince
- 1 green onion, finely chopped
- 2 tbsp finely chopped fresh basil
- 1 cup ricotta cheese
- 2/3 cup fresh breadcrumbs
- 100g cheese, cut into 1cm cubes
- 2 tbsp olive oil
- 2 stalks celery, finely chopped
- 1 medium carrot, finely grated
- 1 medium zucchini, finely grated
- 500g tinned tomatoes
- 1/4 cup salt-reduced tomato paste



Method

1. Combine mince, onion, basil, ricotta and breadcrumbs in a bowl & season with salt and pepper
2. Shape 1 tablespoon mixture into a flat round, and place 1 cheese cube in centre.
3. Shape mixture around cheese to form a ball (repeat until all mixture has been used)
4. Heat 1 tablespoon oil in a frying pan over medium-high heat. Cook meatballs, in batches, turning, for 3 to 4 minutes or until browned.
5. Transfer to a plate and cover with foil.
6. Heat the remaining oil in pan. Add celery, carrot and zucchini.



Cheesy Meatballs

Tried & Tested by Inspire

Method (Continued)

7. Cook, stirring occasionally, for 5 minutes or until celery starts to soften.
8. Add tomato. Cook, stirring, for 2 minutes. Add tomato paste and 1 cup cold water. Bring to the boil.
9. Reduce heat to low. Simmer, covered for 30 minutes or until sauce has thickened.
10. Return meatballs to pan. Simmer, covered, for 5 to 7 minutes or until meatballs are cooked through.
11. Serve meatballs and sauce with pasta of choice.

SUBSTITUTIONS:

- Swap your Beef mince for Pork, Chicken, Turkey Mince, or Vegetarian mince substitute
- Swap pasta for rice, or even put your meatballs in a flatbread or bread roll for a meatball sub!
- Grate in any additional veggies your little one prefers
- This recipe has been adapted to remove the egg allergen. Replace ricotta with 1 egg if you prefer.



Chicken Buddah Bowl

Tried & Tested by Inspire



QUICK & EASY

HIGH IN PROTEIN

VEGGIE PACKED

Prepare Time
5 Minutes

Cook Time
15 Minutes

Servings
2



Chicken Buddah Bowl

Tried & Tested by Inspire

Ingredients

Quinoa (1 cup cooked)
2 tbsp hummus
½ tbsp Dijon mustard
1 tbsp lemon juice
1 tbsp water
2 x carrots (grated)
¼ head steamed broccoli
1/3 Red capsicum (cut into strips)
1 cup baby spinach
1 x chicken breast (diced)
1 x cup green beans (raw)

Method

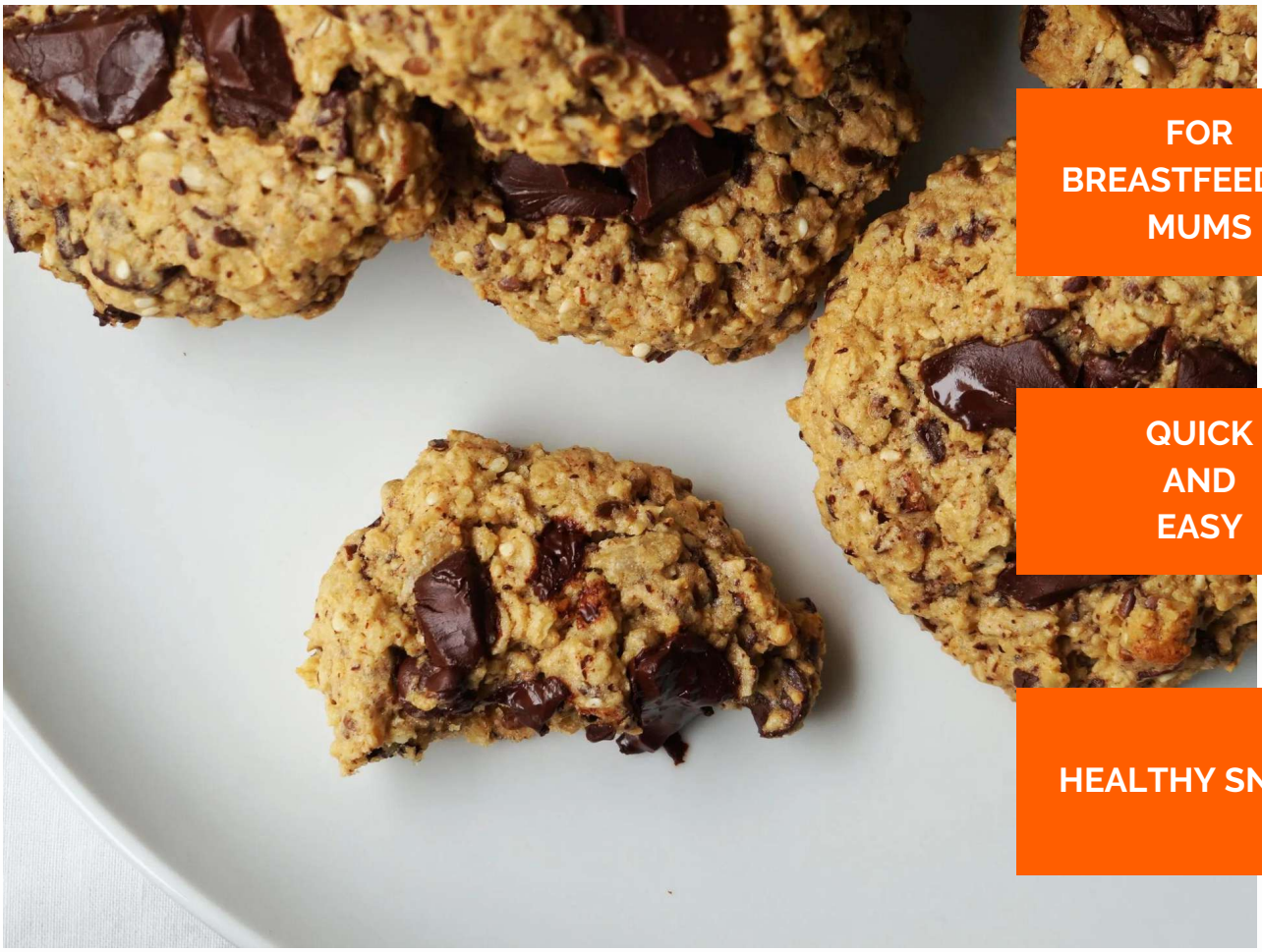
1. Add ½ cup uncooked quinoa and 1 cup water to a small saucepan on medium heat.
2. Bring quinoa to the boil then reduce heat to a simmer for 10-12 minutes or until water has been absorbed.
3. In the meantime, add diced chicken to a frypan on medium heat with 1 tsp turmeric.
4. Whisk hummus, mustard and lemon juice together in a small bowl. Add water slowly until desired consistency is reached.
5. Add salad, chicken and quinoa together in a bowl.



BREASTFEEDING FRIENDLY

Lactation Cookies

Tried & Tested by Inspire



FOR BREASTFEEDING MUMS

QUICK AND EASY

HEALTHY SNACK

Prepare Time
10 Minutes

Cook Time
10 Minutes

Servings
8



Lactation Cookie

Tried & Tested by Inspire

Ingredients

50g butter
3/4 cup brown sugar
1 egg
1 cup rolled oats
3/4 cup flour
tsp baking powder
1/4 LSA mix
1-2 Tbsp brewers yeast (optional)
1 cup chocolate chips

Method

1. Preheat oven to 180 degrees celsius.
2. Beat to cream butter, brown sugar, egg and vanilla together
3. Add all remaining dry ingredients excluding the chocolate chips and mix well.
4. Stir in chocolate chips, the mixture will be a little sticky.
5. Roll tablespoonfuls of dough into balls, place on a lined tray.
6. Use a wet fork to gently flatten each ball.
7. Bake for 8-10 minutes (this gives a soft chewy cookie) you can also bake for a little longer 12-15 mins if you prefer a crunchy cookie.
8. Cool for a few minutes on the tray then transfer to a cooling rack. Store in an airtight container. Eat them often, keep them next to where you breastfeed so you always have a snack on hand.



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