

## Recipes for introducing egg and peanut in the infant diet

These recipes have been written to support parents/caregivers to introduce egg or peanut in their baby's diet. The serving sizes are small – if you wish to make larger quantities, double the recipe.

### Egg

If you use a British Lion Quality ('lion stamped') egg, you can offer your baby scrambled egg, omelette, frittata, or boiled eggs (soft or hard boiled). If the eggs you are using are not British Lion Quality, they must be cooked through before feeding them to your baby i.e. no runny white or yolk.

If when you first introduce egg in your baby's diet they aren't very keen on eating it served on its own, hard-boiled egg is often well accepted when pureed or mashed and mixed with fruits and vegetables. Banana, cooked apple, avocado, carrot or sweet potato work well - even though these may not be the ways you are used to eating egg! There are some further recipe options below.

### Pancakes

50g plain flour

1 large egg

150ml fresh milk (use a dairy free alternative if required)

1 teaspoon sunflower or vegetable oil, plus extra for frying

A few drops of vanilla extract (optional)

Lemon juice (optional)

Fruit to serve (optional) e.g. mixed berries, cooked apple

### Method:

1. Add the flour, eggs, milk (or milk alternative), 1 teaspoon of oil to a bowl and whisk to a smooth batter. If you have time, set the mixture aside to rest for 30 minutes; if not you can cook the pancakes straight away.
2. Add a little oil to a frying pan to prevent the pancakes sticking. Cook the pancakes on a medium heat until golden on each side. If you wish to have thicker pancakes, use a smaller pan and add more mixture to the pan. You will need to cook for longer to ensure they are cooked through in the centre.
3. Serve with fruit, Greek yoghurt (or a dairy free alternative) or a squeeze of lemon juice
4. Once cold you can wrap pancakes in cling film or foil and freeze individually.

### **Frittata** (makes 2 portions)

2 medium eggs

A splash of milk (or unsweetened dairy free alternative milk if required)

1-2 tablespoons chopped tomatoes/frozen spinach/grated carrot or beetroot/roasted vegetables

Vegetable oil for cooking

#### Method:

1. Whisk the eggs and milk together. Add chopped or grated vegetables of your choice to the egg mix, stir gently so it is spread evenly throughout the mixture.
2. Add some oil to a frying pan. Cook the frittata mix over a medium heat until the egg is cooked through. Press lightly with your finger in the centre to check it is fully cooked. Alternatively, you can bake these in a mini muffin tray to make individual portions (recipe will make 6-8 mini-sized). Grease a mini muffin tin using butter/oil, or use silicon moulds. Pre-heat the oven to 180°C. Divide the mixture equally among the wells of the muffin tin and bake for 10-12 minutes. Press lightly with your finger in the centre to check they are fully cooked. Leave to cool in the tray.
3. Keep leftover frittata in the fridge in an airtight container for up to 2 days.

## **Peanut**

It is important that you do not give whole peanuts or coarsely chopped peanuts to babies and young children. Also be careful not to give big chunks of peanut butter as these can cause choking.

Puffed peanut snacks: e.g. Bamba, Cheeky Monkey are a soft texture which dissolves in the mouth, babies can eat these as a finger food from around 7 months of age or they can be mashed with warm water or baby's milk to make a soft, smooth texture for younger babies.

Smooth peanut butter: this is widely available to buy, choose options with the least (or no) added sugar and salt. Peanut butter is also quite easy to make at home by simply blending unsalted peanuts using a spice or coffee grinder and if needed adding a little oil (peanut oil or vegetable oil) to make a looser texture.

Chunks of peanut butter can be a choking risk for babies and young children; it is best to thin it out a little by mixing it with warm water or your baby's milk, or you can serve it spread thinly on toast fingers. Try the following simple recipes or make up your own according to what your baby enjoys and the foods your family typically eats.

#### Simple peanut recipes

1½ teaspoons of peanut butter, 1 tablespoon of baby rice cereal or porridge (ensure dairy free if required). Add cooled, boiled water or baby's milk until you are happy with the texture and mix well.

1 teaspoon peanut butter mixed with ½ a ripe banana or 1-2 teaspoons pureed/mashed carrot, sweet potato or squash. You can loosen the texture with cooled, boiled water or baby's milk if needed.

### **Ghanaian Peanut Soup** (makes 4 portions)

65g smooth peanut butter  
200g tinned, chopped tomatoes  
450ml vegetable stock  
1 medium onion  
75g potatoes  
75g carrots  
75ml cream (or use a dairy free alternative if required e.g. soya, oat or coconut cream)  
Seasoning to taste

#### Method:

1. Chop the onion, dice the potatoes and carrots.
2. Soften the onion in a large pan with vegetable oil but do not allow it to brown.
3. Add all the other ingredients (except the cream), stir and simmer gently for 20-30 minutes until the vegetables are cooked through.
4. Take the soup off the heat and allow it to cool. Add the cream and blend until smooth. You can freeze extra portions.

### **Satay-style sauce** (makes 2 portions)

Vegetable oil (for frying)  
½ a small onion, finely chopped  
1 teaspoon fresh ginger, grated or finely chopped (optional)  
65g peanut butter  
50g coconut milk  
50ml water  
1 pinch brown sugar  
Juice of ¼ a lime

#### Method:

1. Finely chop the onion, and grate or chop the ginger (if using)
2. Soften the onion in a pan with the vegetable oil but do not allow it to brown.
3. Take off the heat and add the peanut butter, coconut milk and sugar, stir well. Add water until you have the texture you prefer. Blend the mixture if you prefer a smooth texture. Add a squeeze of lime juice before serving.
4. This sauce works well with chicken, fish, or soft chunks of roasted pumpkin or squash; cook these separately and then stir in the sauce before serving or use the satay as a dipping sauce.

### **Peanut butter smoothies** (makes 1 cup)

½ a large banana  
50mls plain yoghurt (use dairy free yoghurt if required)  
2 rounded teaspoons smooth peanut butter  
100mls fresh milk (use dairy free milk substitute if required)

Method: Blend the ingredients together, pour into a cup and serve.

**Banana & peanut butter 'ice-cream'** (makes 2 scoops)

1 large very ripe banana  
16g smooth peanut butter (2 rounded teaspoons)  
½ tablespoon of honey or syrup (optional)  
¼ teaspoon of vanilla extract (optional)

Method:

1. Peel and slice the banana
2. Put the banana slices on a baking sheet or plate, cover and freeze for 2 hours
3. Blend the frozen banana in a food processor until they are a smooth texture (you may need allow them to defrost slightly before blending).
4. Add the peanut butter (as well as the honey/syrup and vanilla extract if using) and mix well.
5. You can serve immediately or put it in a plastic tub or ice lolly moulds and re-freeze.

**'No-bake' biscuits** (makes 12)

150g oats  
15g cocoa powder (choose a dairy free option if required)  
40g butter (or dairy free spread if required)  
40ml fresh milk (or dairy free alternative if required)  
30g sugar or 1 heaped tablespoon mashed banana/apple or pear puree  
32g smooth peanut butter (4 rounded teaspoons)

Method:

1. Melt the butter, take off the heat then add the milk, sugar/fruit and peanut butter
2. Add the other ingredients and mix well together.
3. Allow the mixture to cool, then roll into 12 balls and squash them flat.
4. Place on a baking tray and put in the fridge to cool and harden.

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