Recipes for your baby and toddler

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Hidden vegetable pasta Bolognese
Mini veggie burgers
White fishcakes
Turkey kebabs
Meaty baked potatoes
Mini strawberry cheesecakes (for special treats only!)
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Lamb stuffed zucchini
Grilled halloumi with tomato salsa dip
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**Key:**
- V = vegetarian
- DF = dairy free
- F = suitable for freezing
- M = can be combined with a family meal
Stage 2: Baby’s first tastes
From around 6 until 7 months

Spinach and potato purée
Key: V DF F | Portions: 6-8 | Makes approx. 400g | Cooking time: approx 20 mins

Ingredients
• 1 tbsp vegetable oil
• 40g leek, cut into chunks and chopped in your Braun Multiquick chopper
• 1 potato (approx 275g), peeled and cubed
• 175ml water
• 60g fresh baby spinach, washed and stalks removed

Preparation
Fry the leek in vegetable oil until soft. While leek is cooking, cut the potato into pieces, and then add to softened leek. Pour on water, then bring to boil, cover and simmer for 6 mins. Add spinach and cook for 3 mins. Allow the mixture to cool then purée using the Braun Multiquick hand processor in the pan.

Zucchini and potato purée
Portions: 8-10 | Makes approx. 350g | Cooking time: 20 mins

Ingredients
• \(\frac{1}{2}\) small leek, chopped
• 15g butter
• 250g potato, peeled and diced
• 200ml low salt chicken or vegetable stock
• 1 medium zucchini, chopped

Preparation
Fry the leeks in butter until soft then add the potato chunks and cook for a further three mins. Cover with stock, bring to the boil and simmer with a lid on for 5 minutes more. Next, add the chopped zucchini and simmer for 10 – 15 minutes until all the vegetables are tender. Blend in the pan using your Braun Multiquick hand processor.

Carrot and potato purée
Portions: 4-5 | Makes approx. 450g | Cooking time: 17 mins

Ingredients
• 2 medium potatoes, peeled and chopped
• 2 medium carrots, peeled and chopped
• 1 tsp unsalted butter

Preparation
Boil the carrot and potato chunks until tender (aprox 15 mins), then drain, allow to cool and mash thoroughly. Stir in the butter. Blend to a textured consistency using your Braun Multiquick hand processor.
**Carrot and parsnip purée**  
Key: V DF F | Portions: 6 | Makes approx. 400g | Cooking time: approx 15 mins

**Ingredients**
- 200g carrots, peeled and diced
- 200g parsnips, peeled and diced

**Preparation**
Steam the vegetables until tender e.g. with the Braun Food Steamer. Purée with the Braun Multiquick hand processor and adjust the texture with boiled cooled water or baby's usual milk.

**Pear and sweet potato purée**  
Key: V DF F | Portions: 4 | Makes approx. 400g | Cooking time: approx 45 mins

**Ingredients**
- 1 medium sweet potato (approx. 200g), scrubbed and halved
- 1 sweet pear (approx 200g), peeled, core removed and cut into 8 pieces

**Preparation**
Bake the sweet potato in a pre-heated oven at 180ºC for approx 40 mins until tender. Allow to cool, remove peel and discard. Poach the pear pieces for approx 5 mins in a pan with a little boiling water. Drain and cool. Cut the potato into pieces and purée down to a smooth consistency in the pan using the Braun Multiquick hand processor. Remove and set to one side then repeat the process with the pear. Serve the puréed potato with swirls of pear on top.

**Quick banana peach purée**  
Key: V DF F | Portions: 4 | Makes approx. 250g | Cooking time: approx 5 mins

**Ingredients**
- 1 small ripe banana (approx 100g)
- 1 large, very ripe peach (approx. 150g), skin removed and cut into pieces (or half a can unsweetened peach slices)

**Preparation**
Peel the banana and cut into small pieces. Place the banana and the peaches in the beaker and add a small amount of water or peach juice. Blend with the Braun Multiquick hand processor until smooth.

**Sweet potato and avocado purée**  
Portions: 8-10 | Makes approx. 250g | Cooking time: 15 mins

**Ingredients**
- 200g sweet potato, diced
- ½ ripe avocado
- Breast or formula milk to dilute

**Preparation**
Steam the sweet potato until tender e.g. in your Braun Food Steamer (approx. 10 mins), then allow to cool. Add the avocado to the sweet potato and blend until smooth and creamy with your Braun Multiquick hand processor. Dilute to the appropriate consistency for your baby with a little breast or formula milk.
Eggplant purée
Portions: 8-10 | Makes approx. 250g | Cooking time: 60 mins

Ingredients
• 1 small eggplant
• 1 tbsp sunflower or olive oil
• 1 tbsp tomato purée

Preparation
Bake eggplant in a preheated oven at 180°C for 50 mins, then remove from the oven, allow to cool, halve and scoop out the flesh. Place eggplant flesh in the beaker together with the oil and tomato purée and blend with the Braun Multiquick hand processor to a smooth consistency.

Cucumber and herb purée
Portions: 10-12 | Makes approx. 400g | Cooking time: 5 mins

Ingredients
• ½ cucumber
• 200g whole milk Greek yoghurt
• pinch of any fresh herb of your choice

Preparation
Peel the cucumber and cut in half along its length, then scoop out the seeds and chop the cucumber finely. Squeeze the grated cucumber to remove liquid, then blend with the yoghurt and herbs using your Braun Multiquick hand processor. This is a great dish for the whole family, served as a cooling accompaniment to hot curries or spicy stews.

Carrot and apple purée
Portions: 10-12 | Makes approx. 400g | Cooking time: 15 mins

Ingredients
• 1 large carrot, peeled and chopped
• 1 potato, peeled and chopped
• 1 apple, peeled, cored and chopped
• low salt vegetable stock or water

Preparation
Place the carrot, potato and apple cubes into a saucepan and cover with stock or water. Bring to boil, then simmer for about 10 mins until tender. Drain, then blend to a smooth consistency in the pan using your Braun Braun Multiquick hand processor.
Carrot and apricot purée
Portions: 4-6 | Makes approx. 200g | Cooking time: 12-15 mins

Ingredients
• 1 large carrot, peeled and cut into chunks
• 4 apricots, peeled (or use dried apricots)

Preparation
Place carrots in a pan of boiling water, reduce heat and simmer for 10 mins until soft. Drain and add chopped apricots to the pan (if using dried apricots, add to the simmering carrots after 5 minutes). Purée in the pan using your Braun Multiquick hand processor.

Root vegetable purée
Portions: 10-12 | Makes approx. 400g | Cooking time: 17 mins

Ingredients
• 1 medium potato, peeled and chopped
• 1 medium carrot, peeled and sliced
• 1 medium parsnip, peeled and sliced
• low salt vegetable stock or water

Preparation
Place the vegetables in a pan and pour in just enough stock to cover. Simmer until vegetables are tender (approx. 15 mins). Purée using your Braun Multiquick hand processor.

Cantaloupe melon and mango baby food purée
Portions: 12-14 | Makes approx. 300g | Cooking time: 5 mins

Ingredients
• 1 ripe mango, peeled, stone removed and diced
• 1 good sized slice of cantaloupe melon, peeled and chopped
• 1/2 ripe banana, peeled and diced

Preparation
Place all the ingredients in your beaker and blend with the Braun Multiquick hand processor until smooth.

Carrot and mango purée
Portions: 5-6 | Makes approx. 200g | Cooking time: 10 mins

Ingredients
• 1 medium carrot, peeled and chopped
• ½ mango, skin removed and chopped

Preparation
Add chopped carrot to a pan of boiling water, reduce heat and simmer for 10 mins until carrots are soft. Drain, allow to cool then add chopped mango to the pan and purée until smooth using your Braun Multiquick hand processor.
Swede and sweet potato purée
Portions: 10-12 | Makes approx. 500g | Cooking time: 15-20 mins

Ingredients
• 250g swede, peeled and chopped
• 250g sweet potato, peeled and chopped

Preparation
Place the chopped swede and sweet potato in your Braun Food Steamer and steam for 15-20 mins. Allow to cool, add a little water or your baby’s normal milk then purée using your Braun Multiquick hand processor.

Sweet potato, spinach and green bean purée
Portions: 10-12 | Makes approx. 375g | Cooking time: 15 mins

Ingredients
• 25g unsalted butter
• 50g leeks, well washed and finely sliced
• 200g sweet potato
• 50g frozen green beans
• 50g fresh or frozen baby spinach (washed if fresh)

Preparation
Melt butter in a pan and fry the leek until soft, then add the sweet potato. Add 250ml water and bring to the boil. Next, cover with a pan lid and simmer for 10 mins until sweet potato is tender. Add the spinach and beans, then remove from heat and purée with your Braun Multiquick hand processor until smooth.

White fish and sauce purée
Portions: 10-12 | Makes approx. 400g | Cooking time: 20-25 mins

Ingredients
• 20g unsalted butter
• 50g onion finely chopped
• 1 medium carrot, peeled and sliced
• 240ml boiling water
• 100g white fish, skinned and filleted – ensure all bones removed!
• 120ml milk
• 1 bay leaf

Preparation
First, place the onion in a saucepan with 20g of butter and fry until soft. Then add the carrot, cover with water and simmer for 10 – 15 mins. Next, place the fish in a pan with the milk and bay leaf. Simmer for about 5 mins until the fish is cooked through, then remove the bay leaf, flake the fish and place all ingredients (except the bay leaf) in a beaker and blend with the Braun Multiquick hand processor to the desired consistency for your baby.
**Banana and avocado purée**  
Portions: 6-8 | Makes approx. 250g | Cooking time: < 5 mins

**Ingredients**
- 1 ripe banana, peeled
- 1 ripe avocado, pitted and peeled
- 1 tsp whole milk yoghurt or crème fraiche

**Preparation**
Roughly mash the banana and avocado together in a bowl before adding a spoonful of yoghurt or crème fraiche and blending to a smooth consistency using your Braun Multiquick hand processor. For younger babies, you can replace the crème fraiche with breast or formula milk to dilute.

**Mango and blueberry purée**  
Portions: 4 | Makes approx. 100g | Cooking time: < 5 mins

**Ingredients**
- 30g blueberries
- ½ small ripe mango

**Preparation**
Peel mango and chop the flesh. Place in the beaker together with the blueberries and blend to a smooth consistency using your Braun Multiquick hand processor.

**Sweet potato and melon mash**  
Portions: 10-12  
Makes approx. 450g  
Cooking time: 5 mins

**Ingredients**
- 200g cooked sweet potato, diced
- 200g cantaloupe melon, diced
- 50g natural yogurt

**Preparation**
Place melon and cooked sweet potato in a beaker and blend with your Braun Multiquick hand processor to a smooth consistency. Add the yogurt and blend for 10 – 20 secs more. Refrigerate then serve cool.

**Creamy butternut squash purée**  
Portions: 2-3 | Makes approx. 225 g | Cooking time: 20 mins

**Ingredients**
- 200g butternut squash, chopped
- 1 tbsp full fat plain yoghurt

**Preparation**
Steam the chopped butternut squash for 15 mins e.g. using your Braun Food Steamer then allow to cool and place all the ingredients together in a beaker and blend with your Braun Multiquick hand processor to a purée consistency.
Cauliflower and sweet potato purée
Portions: 4-5 | Makes approx. 350g | Cooking time: 15-20 mins

Ingredients
• 1 small sweet potato, peeled and chopped
• 3 or 4 large cauliflower florets, chopped
• breast or formula milk to dilute

Preparation
Steam the potato and cauliflower until tender e.g. using your Braun Food Steamer (10 – 15 mins), then place in your beaker, add the cheese and blend to a smooth consistency using your Braun Multiquick hand processor. Dilute with a little breast or formula milk to the appropriate consistency for your baby.
Stage 3: Next steps
From around 7 until 9 months

Leftover turkey and potato purée
Key: DF M | Portions: 4 | Makes approx. 300g | Cooking time: 5 mins

Ingredients
- 100g leftover turkey, cooked and finely diced
- 200g leftover cooked potato
- water for processing

Preparation
Place half each of the turkey and potato into the beaker and add water as needed for the processing. Process using your Braun Multiquick hand processor until a fine purée is obtained. Repeat this process for the remainder of the turkey and potato.

Fish dinner
Key: F | Portions: 2-3 | Makes approx. 100g | Cooking time: 15 mins

Ingredients
- 25g cooked white fish (fillet)
- 1 tbsp cooked carrots
- 1 tbsp boiled potato
- 1 tbsp milk
- small knob of butter

Preparation
Dice the carrots and potato and add to a pan of boiling water. Cover and simmer. After 7 mins, poach the fish in a little milk or water until cooked through (approx 7 mins). Remove all ingredients from the heat, drain and allow to cool. Add all ingredients to the pan and purée with the Braun Multiquick hand processor.

Creamed vegetables
Key: V DF F | Portions: 2-3 | Makes approx. 200g | Cooking time: approx 10 mins

Ingredients
- 1 small carrot peeled and chopped
- 1 small zucchini chopped
- 2 broccoli florets
- 2 tbsp full fat milk
- 1 tbsp baby rice

Preparation
Steam the vegetables e.g. using your Braun Food Steamer until they are just soft, this will take approx 6 mins. Meanwhile, heat the milk and make up the baby rice according to the manufacturers instructions. Drain the vegetables and allow to cool a little. Now place the vegetables in a beaker, then add baby rice and purée using your Braun Multiquick hand processor to a smooth consistency.
Liver dinner
DF F | Portions: 4-5 | Makes approx. 100g | Cooking time: approx 20 mins

Ingredients
- 25g lamb’s liver
- 1 tbsp cooked spinach or cabbage
- 1 tbsp boiled potato
- 3 tbsp stock

NB: liver should not be given more than once per week

Preparation
Chop the liver using your Braun Multiquick chopper then fry in a little oil for about 10 mins, or until cooked through. Meanwhile, place the potatoes in a pan of boiling water and cook for about 7 mins. Add the cabbage and cook for a further 6 mins. Drain the vegetables, then place all the ingredients in a bowl and blend until smooth with the Braun Multiquick hand processor, adding gravy or stock to soften the mixture as required.

Tasty savoury rice
Key :V M | Portions: 6-8 | Makes approx 400g | Cooking time: approx 20 mins

Ingredients
- 40g onion, chopped in your Braun Multiquick chopper
- 100g basmati rice
- 450ml boiling water
- 140g butternut squash
- 50g hard cheese such as cheddar or Monterey Jack
- 2-3 chopped tomatoes
- vegetable oil for cooking

Preparation
Fry the onion in a little oil until soft. Stir in the basmati rice and pour on the boiling water. Cover and simmer for 8 mins. Mix in the squash, cover and cook for about 12 mins more on a low heat, stirring until the water is absorbed. As this is cooking, fry the chopped tomatoes for 2 mins, stir in the cheese then roughly blend the two mixtures using a fork before serving.

Easy chicken and banana meal
Key: DF F | Portions: 6 | Makes approx. 300g | Cooking time: approx 40 mins

Ingredients
- 1 boneless, skinless chicken breast (approx. 100g)
- 1 small, ripe banana
- 100ml coconut milk

Preparation
Preheat oven to 180ºC. Cut the chicken breast in half along its length and stuff with banana. Place in a small baking dish and top with coconut milk. Bake at 180ºC for 40 mins, or until the chicken is thoroughly cooked. Allow to cool then cut into pieces and puree using your Braun Multiquick hand processor.
Apple and blackberry fool
Key: V F M | Portions: 3-4 | Makes approx. 300g | Cooking time: 5 mins

Ingredients
• One apple (about 100g), peeled, cored and chopped
• 50g blackberries
• 150g of full fat yogurt

Preparation
Cook chopped apple together with the washed blackberries, for 5 mins e.g. using your Braun Food Steamer. Purée with a little water using your Braun Multiquick hand processor. Allow to cool and mix with the yogurt before serving.

Cod and rice purée
Key: DF | Portions: 3-4 | Makes approx 180g | Cooking time: approx. 25 mins

Ingredients
• 50g rice
• 100ml water
• 40g cod fillet, skinned and de-boned
• a few sprigs of parsley

Preparation
Place the rice and water in a pan, stir once and simmer for 10 mins. Add the fish and cook for 10 mins more, adding extra water if needed. Finally add the parsley and cook for 2 mins. Blend in the pan using your Braun Multiquick hand processor.

Cheesy courgette risotto
Key: V M | Portions: 3-4 | Makes approx. 250g | Cooking time: 20 mins

Ingredients
• 2 tbsp olive oil
• 50g risotto rice
• 100ml hot water or unsalted vegetable stock
• 80g courgette, cut into chunks
• 20g hard cheese finely chopped in your Braun Multiquick chopper

Preparation
Add the rice to the oil in a pan and stir to coat the grains. Cover the rice with hot water, stir and simmer for 12 mins, adding more water/stock if required. Next, add the courgette and stir well. Cook for a further 5 mins. When the rice is very soft, add the cheese and stir. Puree with your Braun Multiquick hand processor.
Lamb with pearl barley
Key: DF F M | Portions: 3-4 | Makes approx. 225g | Cooking time: approx 60 mins

**Ingredients**
- 60g lean minced lamb
- 50g pearl barley
- 1 tbs. tomato purée
- ½ clove garlic
- 40g onion, quartered
- 80g carrot, cut into chunks

**Preparation**
Peel the garlic and vegetables and chop in the Braun Multiquick chopper. Heat the oil in a pan, then add the chopped vegetables and sauté for 5 mins before adding the minced lamb. Fry for a further 5 mins until lamb is browned, then add the pearl barley and tomato purée. Cover with water, stir, and simmer for 45 mins, stirring occasionally. When cooked, allow to cool slightly then purée to the required consistency using the Braun MultiQuick hand processor.

Baby ratatouille
Key: V DF F | Portions: 4 | Makes approx. 250g | Cooking time: approx 20 mins

**Ingredients**
- 1 tsp olive oil
- 40g onion, quartered and finely chopped in Braun Multiquick chopper
- 40g courgette, diced
- 1 small red pepper, seeded and diced
- 4 tomatoes, skinned and seeded (or half a can of chopped tomatoes)

**Preparation**
Heat the oil in a pan and sauté the onion until soft, then add the other vegetables. Stir once then cover and reduce heat. Allow to cook until the vegetables are soft. Allow to cool slightly then purée in the pan using your Braun Multiquick hand processor. Serve with potato purée.

Apricot chicken
Key: DF F M | Portions: 2-3 | Makes approx 200g | Cooking time: approx 30 mins

**Ingredients**
- 1 small chicken breast, diced (approx. 70g)
- 4 dried apricots
- 1 shallot
- 1/2 cinnamon stick

**Preparation**
Chop the shallot using the Braun Multiquick chopper. Stir-fry together with the apricots and the diced chicken in a dash of olive oil. Cover with water and add cinnamon stick. Simmer gently for 20 mins until apricots are soft and the sauce is syrupy. Discard cinnamon. Blend in the pan using the Braun MultiQuick hand processor until a chewy consistency is obtained. Serve with pureed potato.
**Baby goulash**  
Key: F M | Portions: 3-4 | Makes approx. 600g | Cooking time: approx 20 mins

**Ingredients**  
- 50g minced beef  
- 6-8 mushrooms, chopped  
- 150ml plain fromage frais  
- 1 tablespoon ketchup

**Preparation**  
Brown minced beef in a large pan and pour off any excess fat. Mix all the other ingredients in the same pan, stirring as you go. Simmer for 15 mins then allow to cool. Purée in the pan using your Braun Multiquick hand processor. Serve with thick pureed potato.

**Baby borscht (beetroot soup)**  
Key: V F | Portions: 3-4 | Makes approx. 400g | Cooking time: approx. 35 mins

**Ingredients**  
- 3 medium beets, chopped  
- 1 medium potato, chopped  
- 1 small onion, chopped  
- 450ml low salt vegetable stock  
- 50g natural yogurt

**Preparation**  
Peel all the vegetables and place in a saucepan of stock. Bring to the boil, then cover and simmer for 30 mins, until the vegetables are tender. Allow to cool, and then blend to a purée consistency in the pan using the Braun Multiquick hand processor. Stir in the natural yogurt, then serve.

**Savoury chicken casserole**  
Key: DF F M | Portions: 4-6 | Makes approx. 400g | Cooking time: 30 mins

**Ingredients**  
- 1 small onion  
- 1 chicken breast, skinned and diced (about 100g)  
- 1 dessert spoon olive oil  
- 1 carrot, peeled and diced  
- 1 bay leaf  
- 2 mushrooms, wiped and thinly sliced  
- 140ml water  
- 50g frozen petites pois, thawed

**Preparation**  
Chop the onion, then fry gently with the chicken until the chicken is cooked on all sides. Add the vegetables, bay leaf and water. Cover and simmer gently for 15-20 mins, before adding peas. Cook for a further 5 mins until the peas are warmed through. Remove the bay leaf and blend to an appropriate consistency for your baby with the Braun Multiquick hand processor. Serve with pureed potato or pasta pieces.
**Cauliflower cheese**  
Key: V F M | Portions: 3-4 | Makes approx 450g | Cooking time: 15 mins  

**Ingredients**  
- 200g cauliflower, washed  
- 20g butter  
- 2 dessertspoons of plain flour  
- 200 ml milk  
- 40g grated medium hard cheese such as cheddar, gruyere or gouda  

**Preparation**  
Divide cauliflower into small florets and steam for 10-12 mins e.g. in your Braun Food Steamer. Meanwhile, make the sauce by melting the butter in a small pan, stirring in flour to make a smooth paste, adding milk and stirring until thickened. Remove pan from heat and stir in the grated cheese. Add cauliflower and purée in the pan using your Braun Multiquick hand processor.

**Baby porridge**  
Key: V DF  
Portions: 2-3  
Makes approx. 250g  
Cooking time: 10 mins  

**Ingredients**  
- 1 apple, peeled and cored  
- 1 banana, peeled  
- 6 tbsp baby milk or cow’s milk  
- 1 tbsp rolled oats  

**Preparation**  
Cut the apple and banana into 4 pieces. Next, place the apple in a pan with a little boiling water and poach for approx 5 mins until soft. Drain and allow to cool. Once cooled, place the apple and the banana in a beaker and purée down to a smooth consistency using the hand processor. Meanwhile, place the milk and oats in a pan and gently warm until it boils and thickens. Allow to cool, then use the Braun Multiquick hand processor to blend together with the apple and banana.
Carrot, cauliflower, spinach and cheese purée
Key: V F | Portions: 2-3 | Makes approx. 400g | Cooking time: approx 20 mins

Ingredients
- 1 large carrot, peeled and chopped into large chunks
- 50g cauliflower (chopped into small sections)
- 1/3 tin chopped tomatoes
- 30g grated hard cheese such as parmesan
- 50g baby spinach leaves

Preparation
Steam the carrot and cauliflower e.g. in your Braun Food Steamer until tender. Set to one side to cool a little. Meanwhile, heat the tinned tomatoes in another pan and when fully heated, stir in the cheese. Once the cheese has melted add the spinach and cook, stirring until it wilts. This will take about one minute. Remove from the heat and cool until tepid. Now, add the carrot and cauliflower to the tomato mixture, and using the Braun Multiquick hand processor, purée to an even consistency. Serve with pureed potato.

Fruity meat pie
Portions: 4-5 | Makes approx. 300g | Cooking time: 60 mins | Key: DF F M

Ingredients
- 150g minced beef,
- 50g onion, quartered chopped in the Braun Multiquick chopper
- 30g sultanas
- 1 cooking apple peeled, cored and diced
- 1 tbsp tomato purée
- 2 tbsp home made (or other no-added salt) beef stock
- 100g cooked, mashed potato
- 150ml boiling water

Preparation
Preheat oven to 180°C. Mix together the beef, onions, sultanas and apples in an ovenproof dish. Using the vivageneBraun Multiquick hand processor, blend the tomato purée with the stock and add to the beef mixture. Cover and cook for 30 mins. Spoon mashed potato over the top of the meat mixture.

Tuna dip
Key: M | Portions: 6 | Makes approx. 250g | Cooking time: 5 minutes (plus 1 hour refrigeration time)

Ingredients
- 30g plain fromage frais
- 100g canned tuna in sunflower oil
- 2 sun-dried tomatoes
- 20g thick crème fraîche

Preparation
Drain the tuna and blend with the fromage frais and chopped sun-dried tomatoes using the Braun Multiquick hand processor. Add the crème fraîche and refrigerate for an hour before serving. Serve with pieces of toast or rice cakes.
**Chicken and pear purée**
Portions: 3-4 | Makes approx. 400g | Cooking time: 30 mins

**Ingredients**
- 1 skinless chicken breast, diced
- 1 pear, cored and diced
- 1 medium sweet potato, peeled and diced
- 120g zucchini, finely chopped
- 500ml low salt vegetable or chicken stock

**Preparation**
Place the stock in a large pan and bring to the boil. Add the chicken, reduce the heat and simmer for 10 mins. Add the sweet potato and pear and simmer for a further 10 mins. Add the zucchini and cook for 5 mins more, until all ingredients are cooked and tender. Purée in the pan using your Braun Multiquick hand processor.

**Cheese and vegetable potage**
Portions: 6-8 | Makes approx. 450g | Cooking time: 20 mins

**Ingredients**
- 250g potatoes, peeled and chopped into small dice
- 50g sweet potato, peeled and chopped
- 25g unsalted butter
- ½ small leek, finely chopped
- 1 tbsp flour
- 100ml milk
- 50g grated cheese

**Preparation**
Cover the potatoes and sweet potatoes with boiling water in a pan and simmer until tender (about 10-15 mins). Remove half the potatoes and set aside, then purée the remaining potatoes and cooking water in the pan using your Braun Multiquick hand processor. Melt the butter in a saucepan and sauté the leek until tender. Stir in the flour, then add the milk slowly, stirring all the time. Stir the puréed vegetables, cooked potato dice and cheese into the sauce and serve when cool enough to eat.

This recipe makes a delicious, warming winter soup for the whole family. To add an ‘adult’ touch, fry a little garlic with the leeks and add a pinch of salt at the table after serving.

**Potato and avocado salad**
Portions: 5-6 | Makes approx. 350g | Cooking time: 15 mins

**Ingredients**
- 1 large potato, peeled and chopped into small cubes
- 1 avocado, peeled and stone removed
- 1 tbsp Greek yoghurt

**Preparation**
Boil the potato until tender (about 10 – 15 mins). Blend the avocado using your Braun Multiquick hand processor and stir in the yoghurt. Add the cooked potato to the avocado and yoghurt while still warm. Serve warm or refrigerate and serve cooled.
Red Lentil Purée
Portions: 3-4 | Makes approx. 250g | Cooking time: 45 mins

Ingredients
• 125g red lentils
• 25g onion, chopped
• 1 tbsp oil
• 25g carrot, finely chopped
• 500ml water

Preparation
Wash and drain the lentils thoroughly. Soak overnight (if directions on the packet say this is required). Sauté the onion in oil for 4–6 mins until soft. Add the carrot and continue cooking for another 4–5 mins. Add the drained lentils and water. Bring to a boil, then simmer for 45 mins, or until lentils are soft. Drain mixture and purée in the pan using your Braun Multiquick hand processor.
This dish can make a spicy dhal to accompany curries. To do this, divide the boiled lentil mix in half, reserve one portion as a purée for your baby, and add the other to a pan with some sautéed curry powder or paste, stir and serve.

Chicken and butternut squash mash
This is a great dish to use up leftovers after you have cooked roast chicken, butternut squash and rice for your family
Portions: 6-8 | Makes approx. 450g | Cooking time: 5 mins

Ingredients
• 200g cooked butternut squash
• 100g cooked chicken
• 125g cooked brown rice

Preparation
Place all ingredients in a beaker with a little water or your baby’s normal milk and purée with the Braun Multiquick hand processor to a textured consistency that is appropriate for your baby

Squash and pear mash
Portions: 6-8 | Makes approx. 425g | Cooking time: 5 mins

Ingredients
• 200g cooked butternut squash
• 100g dried apricots (soaked in water for 30 mins)
• 75g raisins (soaked in apple juice for 30 mins)
• 1 very ripe pear, peeled, cored and chopped

Preparation
Purée all the ingredients with your Braun Multiquick hand processor to a textured consistency.
**Apple couscous**
Portions: 4 | Makes approx. 200g | Cooking time: 10 mins

**Ingredients**
- 100g couscous soaked in warm apple juice for 5 mins
- 2 tbsp natural yogurt
- 50g cooked apple

**Preparation**
Mix all ingredients together in the beaker and blend for 5 – 10 seconds with your Braun Multiquick hand processor.

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**Apple and sweet potato soup**
Portions: 4 | Makes approx. 250g | Cooking time: 10 mins

**Ingredients**
- 2 tsp butter
- 2 tsp flour
- 180ml low salt chicken stock
- 2 tsp cooked apples
- 200g cooked sweet potatoes
- 50ml milk

**Preparation**
Melt the butter in a pan and stir in the flour. Heat and stir until the mixture turns golden yellow. Add the stock slowly, while stirring, then add the cooked apple and sweet potato. Bring to the boil, then reduce the heat and simmer gently for 5 mins. Next, purée the mixture in the pan using your Braun Multiquick hand processor then add the milk, warm through gently and serve.

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**Butternut pasta shapes**
Portions: 4 | Makes approx. 200g | Cooking time: 15 mins

**Ingredients**
- 100g of small pasta shapes
- 100g cooked butternut squash
- unsweetened apple juice

**Preparation**
Cook the pasta for 10 – 15 mins. While the pasta is cooking, blend the squash with a little apple juice to create a sauce. Warm sauce and pour over the cooked pasta to serve.
Sweet and white potato mash
Portions: 6-8 | Makes approx. 450g | Cooking time: 20 mins

Ingredients
• 200g potato, peeled and diced
• 200g sweet potato, peeled and diced
• 25g butter
• 50ml milk (cow’s milk, breast milk or formula milk, depending on feeding stage)
• 30g grated cheese

Preparation
Place the potatoes and sweet potatoes in a pan of boiling water, reduce heat and simmer for 15-20 mins, until tender. Drain then add the butter, milk and cheese, and blend to a thick consistency with your Braun Multiquick hand processor.

Zucchini pasta
Portions: 2-3 | Makes approx. 150g | Cooking time: 7 mins

Ingredients
• 50g of cooked small pasta shapes
• 1 medium zucchini, sliced
• 1 tsp chives
• splash of vegetable or olive oil
• 25g grated cheese

Preparation
Steam the zucchini for about 3 mins (until soft) e.g. using your Braun Food Steamer. Add a little oil and blend to a thick consistency using your Braun Multiquick hand processor, then stir in the chives. Pour the zucchini over warm pasta. Add a little grated cheese if you like.

Tomatoes and potato with oregano
Portions: 6-8 | Makes approx. 400g | Cooking time: 12 mins

Ingredients
• 125g potato, peeled and chopped
• 100g cauliflower in small florets
• 30g butter
• 200g tinned tomatoes
• pinch of oregano
• 35g grated double Gloucester cheese

Preparation
Place the potato in a pan of boiling water, reduce heat and simmer for 7-8 mins, then add cauliflower florets and simmer until all vegetables are tender. Drain, then add the tomatoes and other ingredients. Blend to a textured consistency using your Braun Multiquick hand processor.
Chicken with sweetcorn and pear
Portions: 4-6 | Makes approx. 400g | Cooking time: 30 mins

**Ingredients**
- 100g chicken
- 50g onion, quartered then chopped using your Braun Multiquick chopper attachment
- 1 tbsp olive oil
- 50g sweetcorn
- 1 medium potato, peeled and chopped
- ½ small pear, peeled, cored and chopped
- 225ml low salt chicken or vegetable stock

**Preparation**
Wash the chicken, then slice. Gently fry the onion until soft, then add the chicken and sauté for 10 mins until it is cooked through. Add the vegetables and potato, pour in the stock and simmer gently for 15 – 20 mins. Finally, blend in the pan with your Braun Multiquick hand processor.

Beef stew with carrots purée
Portions: 8-10 | Makes approx. 450g | Cooking time: 60 mins

**Ingredients**
- 250g beef stewing steak, cubed
- 2 tsp olive oil
- 1 shallot, chopped
- 1 carrot peeled and chopped into 2 inch pieces
- 2 medium potatoes, peeled and diced
- 250ml water

**Preparation**
Heat the oil in a pan over a medium heat, then add the beef and sear for 2-3 mins until brown all over. Add the vegetables, potatoes and water, stir and bring to the boil. Then, reduce the heat, cover and simmer gently for about one hour or until the beef and vegetables are tender. Purée in the pan using your Braun Multiquick hand processor until you achieve the required texture for your baby.
For a tasty family stew, simply leave out the puréeing stage and serve to your family with a baked potato or chunks of fresh bread.
**Banana risotto**  
Portions: 10-12 | Makes approx. 800g | Cooking time: 20 mins

**Ingredients**
- 225g risotto rice
- 50g margarine
- 50g onion, quartered and chopped using your Braun Multiquick chopping attachment
- 30g flour
- 550ml milk
- 30g parmesan cheese
- 450g not-too-ripe bananas

**Preparation**
Simmer the rice in boiling water until tender (approx. 15 mins). Meanwhile, chop the onion and fry gently until soft in a little of the margarine. Stir cooked onion into the cooked rice. In a separate pan, melt the remaining margarine and stir in the flour. Slowly add the milk, stirring constantly. Bring to the boil and simmer for 1 minute. Add the cheese and stir until melted. Peel and slice the bananas and mix in with the rice mixture. Blend all ingredients together briefly using your Braun Multiquick hand processor.

**Prune and cherry compote**  
Portions: 1 to 2 tsp as a topping on yoghurt | Makes approx. 400g | Cooking time: 12 mins

**Ingredients**
- 250ml water
- 60g dried apricots, chopped
- 25g light brown sugar
- 1/2 tsp chopped lemon peel
- pinch cinnamon
- 60g pitted prunes, halved
- 30g dried cherries
- ½ tsp vanilla essence

**Preparation**
In a large, heavy-bottomed pan, heat the water and bring the apricots, brown sugar, lemon peel, and cinnamon to boiling over high heat. Reduce heat and simmer, uncovered for 5 mins. Pour mixture into large bowl; stir in prunes, dried cherries, and vanilla. Blend with Braun Multiquick hand processor and serve at room temperature.  
F As well as a sweet yoghurt topping for babies, compotes make a terrific accompaniment to ice cream, yoghurt for other family members.
Roast chicken and vegetable stew
Portions: 6-8 | Makes approx. 400g | Cooking time: 15 mins

**Ingredients**
- 150g small pieces of skinless breast meat from a roasted chicken
- 100g pumpkin flesh, cubed
- 100g sweet potato, cubed
- 2 tbsp peas
- 2 tbsp sweetcorn
- cooled boiled water

**Preparation**
Chop the chicken meat finely and set aside. Steam the pumpkin, sweet potato, peas and corn e.g. in your Braun Food Steamer until soft. Purée the chicken and vegetables using your Braun Multiquick hand processor. Use the cooled boiled water to thin down the purée to desired consistency. Allow to cool and serve. For the rest of the family, chop some of the chicken less finely and leave out the puréeing stage.

Winter fruit salad
Portions: 8-10 | Makes approx. 500g | Cooking time: 10-15 mins

**Ingredients**
- 500g dried fruits (prunes, pears, apricots, figs)
- 600ml water
- 2 drops vanilla essence
- 1 tbsp fresh lemon juice
- Yogurt, to serve

**Preparation**
Place the fruits and the water into a large saucepan. Add the vanilla essence. Bring to the boil then stir well, reduce the heat and simmer for 10 mins until syrupy. Remove pan from the heat, then, when cooled slightly, pour the fruits and liquid into a bowl and squeeze in a little lemon juice. Purée gently with your Braun Multiquick hand processor. Can be served warm or chilled, with a blob of yoghurt on top. Other family members will love this warming winter fruit salad. You may wish to sweeten slightly with a little honey or brown sugar, and omit the pureeing stage.
‘Popeye’ purée
Portions: 6-8 | Makes approx. 600g | Cooking time: 15 mins

Ingredients
• 125g sweet potatoes, peeled and diced small
• 125g tender carrots, chopped
• 125g green beans, tips removed
• 125g spinach
• 125g frozen peas

Preparation
Place sweet potatoes and carrots e.g. your Braun Foods Steamer, and steam for 8 mins. Add remaining ingredients and heat through for another 6 mins. Remove from steamer, then purée to a rough consistency using your Braun Multiquick hand processor. Serve cooled.

Root vegetable and chickpea soup
Portions: 10-12 | Makes approx. 1.5l | Cooking time: 50 mins

Ingredients
• 2 tbsps oil
• 2 onions, chopped
• 2 carrots, chopped
• 2 celery sticks, chopped
• 250g tinned chickpeas
• 2 x 400g cans chopped tomatoes
• 1 tbsp tomato purée
• 1 tsp soft brown sugar
• 600ml water
• 1 bouquet garni
• freshly ground black pepper

Preparation
Heat the oil in a large pan, add the onions and sauté until softened. Stir in vegetables and the tomatoes with their juice. Add the remaining ingredients, seasoning with pepper to taste. Bring to the boil, cover and simmer for 40 mins, until the vegetables are tender. Cool slightly, remove the bouquet garni, then blend in the pan using your Braun Multiquick hand processor. Serve with buttered toast fingers or rice cakes.

Sweet potato and apple purée
Portions: 6-8 7 | Makes approx. 500 | Cooking time: 15 mins

Ingredients
• 2 medium sweet potato, peeled and diced
• 2 large apples, peeled, cored and diced

Preparation
Steam sweet potato e.g. in your Braun Food Steamer for about 8 mins until soft. Add apple and continue to steam until all ingredients are tender. Allow to cool slightly then purée both the apple and sweet potato using your Braun Multiquick hand processor. Allow to cool and serve.
Stage 4: Getting more adventurous
From around 9 until 12 months

**Beef and vegetable purée**
DF F | Portions: 4 | Makes approx. 400g | Cooking time: 60 minutes

**Ingredients**
- 100g beef, diced and fat trimmed
- 155g potato, peeled and diced
- 125g carrot, peeled and sliced thinly
- water

**Preparation**
Place the beef, vegetables and water in a saucepan, and simmer covered until the beef is tender (about 40-50 mins). Blend the beef and vegetables in the pan with your Braun Multiquick hand processor until a thick puree is obtained.

**Pasta with cheesy tomato sauce**
Key: V M | Portions: 2-3 | Makes approx. 300g | Cooking time: approx 15 mins

**Ingredients**
- 1 tsp olive oil
- 50g onion, quartered and finely chopped in the Braun Multiquick chopper
- 80g carrot, peeled, cut into chunks and finely chopped in the Braun Multiquick chopper
- 1 bay leaf
- 150g chopped tomatoes
- 2 tsp grated cheddar or Parmesan
- 1 tbsp small pasta shapes

**Preparation**
Heat the oil in a small pan. Lightly sauté the onion and carrot until soft, then set half the mixture aside. To the remainder, add the bay leaf and chopped tomatoes. Cover and simmer for 10 mins, stirring occasionally. Remove from the heat, add cheese and stir. Cook and drain the pasta. Remove bay leaf from the sauce, then purée using the Braun Multiquick hand processor. Add the drained pasta and the vegetables you set aside earlier, mix and serve.
Turkey and apricot burgers
Key: DF M | Portions: approx 10-12 burgers | Makes. Approx. 300g | Cooking time: approx 15 mins

Ingredients
• 50g onion, quartered and chopped using the Braun Multiquick chopper attachment
• 1 tsp olive oil
• 150g minced turkey breast
• 60g fresh wholemeal breadcrumbs
• 2 chopped apricots
• 1/2 medium egg beaten
• 2 tbsp sunflower oil, for frying

Preparation
Sauté the onion in the olive oil over a medium heat until soft then allow to cool, then place the turkey mince and cooked onion in a large bowl, add the remaining ingredients and mix thoroughly using a fork. Using two dessert spoons, roughly shape a patty of the mixture and drop gently into a hot frying pan, slightly applying pressure to flatten the burger. Cook until well browned on each side and leave to rest for 2-3 minutes before serving.

Soya, courgette and tomato pasta
Key: V DF M | Portions: 3-4 | Makes approx. 400g | Cooking time:

Ingredients
• 1 tsp vegetable oil
• 40g onion, quartered and finely chopped in your Braun Multiquick chopper attachment
• 40g courgette cut into chunks
• 50g soya mince
• 200g tinned chopped tomatoes
• 1 tbsp fresh unsweetened apple juice
• fresh basil leaves, chopped
• 35g dried pasta

Preparation
Place the vegetable oil in a pan over a moderate heat, add the onion and cook until softened. Add the courgettes and cook until soft. Stir in the soya mince and continue to cook until piping hot and evenly browned. Add the tomatoes and allow to simmer for approx 5 mins. Add the apple juice and the fresh basil and cook for a further 5 mins until the sauce thickens. Meanwhile, cook the pasta. When the sauce is ready, stand until cooled slightly, then blend in the pan using your Braun Multiquick hand processor to give you a smooth tomato sauce. Add the cooked pasta and blend to an easily digestible consistency.
Green pea with mint purée
Key: V DF F | Portions: 3-4 | Makes approx. 250g | Cooking time: 5 mins

Ingredients
• 200g fresh or frozen peas
• 150ml water
• Handful of fresh mint

Preparation
Add the peas to the water in a pan. Bring to the boil and simmer. Add a small amount of fresh mint and, when cooked through, test for tenderness and blend to the desired consistency using the Braun Multiquick hand processor, adding full fat cow’s milk as necessary.

Simple minestrone
Key: V F M | Portions: 6 | Makes approx. 1500ml | Cooking time: 35 mins

Ingredients
• 50g onion, quartered and finely chopped in the Braun Multiquick chopper
• 120g carrot, cut into chunks
• 50g leek, cut into chunks
• 2 medium potatoes, peeled and diced
• 200g chopped tomatoes
• 1000ml unsalted vegetable stock
• 2tsp tomato purée
• 75g frozen petites pois
• 50g pasta (preferably shapes)
• 2tbsp grated Parmesan cheese

Preparation
Fry the onion, carrots and leek and cook until soft (about 5 mins), then add the potato and cook for a further 2 mins. Add the tomatoes, stock and tomato purée and bring to the boil, then simmer for 15-20 mins. Next, add the peas and pasta shapes and cook for another 5 mins. Puree with your Braun Multiquick hand processor. Serve topped with cheese.

Courgette paté
Key: V | Portions: 4 | Makes approx. 300g | Cooking time: 15 mins

Ingredients
• 2 medium courgettes, chopped into chunks
• 75g cream cheese
• Tiny pinch of paprika
• Tiny pinch of fresh dill

Preparation
Steam the courgettes e.g. using your Braun Food Steamer until soft (6-8 mins), then purée them in a beaker using the Braun Multiquick hand processor and leave to cool. Mix in the cream cheese, adding herbs, then serve. Serve with pieces of toast.
Sweetcorn risotto
Key: V M | Portions: 4 | Makes approx. 400g | Cooking time: approx 20 mins

Ingredients
• 1 medium onion, chopped
• handful frozen sweetcorn
• 125g rice
• 50g knob of Parmesan cheese chopped, then grated finely using the Braun Multiquick chopper
• 500ml salt free vegetable or chicken stock
• 1 tbsp vegetable oil

Preparation
Soften the onion in oil, add the rice and heat for 2 mins, until the rice is well coated in oil. Pour in stock slowly for 15 mins while stirring regularly, until the rice becomes soft and sticky. At 7 mins, add the sweetcorn. When rice and sweetcorn are both well cooked, add the Parmesan and stir in thoroughly.

Tasty chicken couscous
Key: M | Portions: 4 | Makes approx. 300g | Cooking time: 20 mins

Ingredients
• 100g couscous
• 20g butter
• 50g leeks cut into chunks and finely chopped in Braun Multiquick chopper
• 50g chicken breast, skin removed and diced
• 25g carrot, peeled and diced
• 200ml salt free chicken stock

Preparation
Melt butter in a pan then add leeks and soften. Next add chicken and fry until cooked through. While the chicken is cooking, boil the carrot until tender (about 10 mins). Pour boiling water on your stock cube then add to the couscous in a pan and leave off the heat for 3 to 4 mins. Fluff up with a fork and add the chicken and carrots. For a smoother consistency, puree with your Braun Multiquick hand processor.
Kids meatballs in sauce
Key: DF F M | Makes approx. 25 - 30 meatballs | Cooking time: 20 mins

Ingredients
- Meatballs:
  - 250g lean minced pork
  - 50g onion, quartered and chopped in the Braun Multiquick chopper
  - 60g button mushrooms, finely chopped
  - 100g breadcrumbs
  - 2 egg yolks
  - 1 tbsp vegetable oil
- Tomato sauce:
  - 250g fresh tomatoes, skinned, seeded and chopped
  - 150ml water or vegetable stock
  - half a small onion, finely chopped
  - 1 tbsp tomato purée
  - 1 tbsp finely chopped fresh herbs such as basil, parsley or thyme

Preparation
Preheat oven to 180°C. Chop the ingredients, mix together and divide the mix into roughly 25 balls which should be kept in the refrigerator while you make the sauce. To make the sauce, place all the ingredients in a pan and bring to the boil, then simmer for about 20 mins over a reduced heat. After allowing to cool, blend in the pan using the Braun Multiquick hand processor. Next, take the meatballs out of the refrigerator and fry in an oiled pan for about 10 mins, until they are light brown in colour. Finally, bake in an ovenproof dish, covered with the sauce, for about 45-50 mins. Serve with cooked pasta or potatoes.

Bircher muesli
Key: V M | Portions: 3-4 | Makes approx. 250g | Cooking time: 5 mins (then refrigerate for 24 hours)

Ingredients
- 2 tbsp oats
- 3 tbsp full fat cow’s milk
- 3 tbsp water
- 2 tbsp yoghurt
- 100g dried fruit, chopped in the Braun Multiquick chopper
- 1 small pear

Preparation
Mix together all the ingredients, except the pear, cover and refrigerate overnight. Before serving, grate the pear and stir into the oat mixture. Serve cold in the summer, or heat gently for a warm winter breakfast.
Yoghurt and cottage cheese pasta
Key: V | Portions: 4 | Makes approx. 300g | Cooking time: 10 mins

**Ingredients**
- 120g noodles
- 100ml plain yogurt
- 100g cottage cheese
- 60g spring onions, chopped in Braun Multiquick chopper
- 1/2 garlic clove, chopped in Braun Multiquick chopper
- 2 tsp fresh oregano, chopped
- 1 tbsp butter

**Preparation**
Cook the noodles according to manufacturer’s instructions then drain and leave to one side. Next, mix the other ingredients except the butter and purée using the Braun Multiquick hand processor. Heat the mixture gently, then stir the butter into the noodles, toss the noodles with the yoghurt mixture and serve.

Asparagus soup
Key: V DF F M | Portions: 4 | Makes approx. 1000ml | Cooking time: 25 mins

**Ingredients**
- 2 tbsp olive oil
- 1 medium potato, peeled and diced
- 500ml salt free vegetable stock
- 50g onion, quartered and chopped in the Braun Multiquick chopper
- 450g asparagus

**Preparation**
Cut the asparagus into chunks, discarding any stringy parts and the tough ends of the stalks. Next, soften the onions in the olive oil in a pan over a medium heat, then add the potatoes, asparagus and stock. Cover and simmer for 20 mins. Finally, blend the soup with the Braun Multiquick hand processor in the pan until smooth and serve with pieces of toast.

Pasta with courgette
Key: V DF M | Portions: 6 | Makes approx 350g | Cooking time: 20 mins

**Ingredients**
- handful of pine nuts
- 250g stuffed tortellini
- 50g butter
- 160g courgette cut into pieces then chopped finely using your Braun Multiquick chopper attachment (in two batches if necessary)
- 1 garlic clove, chopped using your Braun Multiquick chopper attachment
- squeeze of lemon
- 2-3 basil leaves

**Preparation**
Lightly toast pine nuts in a dry frying pan over a low heat until light brown in colour – watch out, they burn easily! Then crush the pine nuts finely using a pestle and mortar. Cook the tortellini according to manufacturer’s instructions, then drain. Sauté courgette and garlic in butter for about 2 mins until soft enough for your baby to eat, then add a squeeze of lemon. Add the cooked tortellini and toss well.
Purple vitamin purée
Key: V DF F | Portions: 5-6 | Makes approx 750ml | Cooking time: approx 10 mins

Ingredients
• 500g frozen spinach
• 350g blueberries
• squeeze of lemon
• 2 tbsp water

Preparation
Place spinach in your Braun Food Steamer and steam for 5 – 6 mins, then allow to cool slightly. Drain, then place in a pan together with blueberries, lemon juice, and water. Purée in the pan using your Braun MultiQuick hand processor for about a minute until smooth, chill, then serve with pieces of toast or rice cakes.

Lentil and carrot dhal
Key: V DF M | Portions: 4-5 | Makes approx. 350g | Cooking time: 20 mins

Ingredients
• 1/2 tsp butter
• 20g onions quartered and chopped finely using your Braun MultiQuick chopper attachment
• 160g carrots, diced then chopped finely using your Braun MultiQuick chopper attachment (in two batches if necessary)
• 200g tinned lentils
• water to cover

Preparation
Melt the butter in a pan over a moderate heat then add the onions and cook until softened. Now add the carrots and the lentils, stirring well to mix. Add enough water to the pan so that it just covers the ingredients. Simmer for approx 10 mins over a medium heat until the carrots are tender. Once cooked, take the pan off the heat and allow to stand until it has cooked slightly, then blend to a textured purée using the Braun MultiQuick hand processor.

Chicken, spinach and red pepper rice
Key: DF M | Portions: 3-4 | Makes approx 350g | Cooking time: 40 mins

Ingredients
• Skinless, precooked chicken breast, chopped (approx 50g)
• 1 red pepper, diced and chopped finely using you Braun MultiQuick chopper attachment
• 200g baby spinach leaves
• 1/2 cup of basmati rice

Preparation
Mix the chopped cooked chicken breast with half a diced red pepper, a handful of chopped baby spinach leaves and some boiled rice for a quick lunch or tea.
Chicken and pasta soup
Key: DF F M | Portions: 6-8 | Makes approx. 750g | Cooking time: 20 mins

Ingredients
• 600ml hot, unsalted chicken stock
• 2 precooked, skinless chicken breasts, sliced (approx. 150g)
• 75g dried pasta
• 400g can butter beans, drained and rinsed
• 10g fresh parsley, chopped in your Braun Multiquick chopper attachment

Preparation
Pour the stock into a large pan and bring to the boil. Next, add the sliced chicken and pasta. Cover and simmer for 5 mins, then stir in the butter beans. Cook for 10 mins, until the chicken is hot through and the pasta is soft. Finally, stir in the parsley, divide into bowls and serve.

Macaroni cheese
Key: V M | Portions: 6-8 | Makes approx 600g | Cooking time: 30 mins

Ingredients
• 250g macaroni
• 40g butter
• 50g onion, chopped in the Braun Multiquick chopper attachment
• 40g plain flour
• 500ml full-fat milk
• 100g cheddar cheese, cut into pieces and chopped in the Braun Multiquick chopper attachment

Preparation
Preheat the oven to 180°C. Cook the macaroni and drain. Gently fry the onion for 10 mins in butter, until soft. Add the flour and cook for 1 min. Pour in the milk and stir over a low heat until you have a smooth sauce. Add the macaroni and half the grated cheese. Mix, place in an ovenproof dish and top with the remaining cheese. Bake in the oven for 15-20 mins.

Pineapple ice cream
Key: V F M | Portions: 6 | Makes approx 600g | Cooking time: approx 10 mins (plus 5 hours freezing)

Ingredients
• 1 cup cream - plain
• 1 cup diced pineapple
• ½ cup milk
• ½ cup ice cubes

Preparation
Place all ingredients together in a beaker and blend with your Braun Multiquick hand processor. When mixture is smooth place in freezer for 5 hours.
**Aubergine dip**
Key: V DF M | Portions: 4 | Makes approx. 400g | Cooking time: 20 mins

**Ingredients**
- 1 large aubergine
- 1/2 garlic clove
- 2 tbsp lemon juice
- 2 tbsp tahini
- 1 heaped tbsp yoghurt

**Preparation**
Preheat the grill to high. Prick the aubergine with a fork and grill, turning occasionally, until the skin blisters all over. When cool, peel off the skin. Allow the aubergine to drain in a colander for 10 mins. Chop the garlic and transfer, together with the aubergine, lemon juice, pepper, tahini and yoghurt to a pan. Blend together into a textured purée using the Braun Multiquick hand processor. Serve with pieces of toast or rice cakes.

**Avocado dip**
Key: V M | Portions: 6 | Makes approx. 400g | Cooking time: 5 mins

**Ingredients**
- 200g fromage frais (or curd cheese)
- 2 ripe avocados

**Preparation**
Place the fromage frais into a beaker and gently blend together using your Braun Multiquick hand processor. Peel and remove the avocado stones, then mash the flesh with a fork till smooth and add to the mixing bowl. Next, blend the avocado flesh into the fromage frais. Refrigerate until serving. Serve with pieces of toast or rice cakes.

**Tomato soup**
Key: V DF F M | Portions: 4 | Makes approx 250g | Cooking time: 25 mins

**Ingredients**
- 1 tbsp olive oil
- 1/2 garlic clove
- 30g carrots, peeled and chopped in the Braun Multiquick chopper
- 200g canned tomatoes
- 1 tbsp tomato purée
- pinch of sugar
- 2-3 basil leaves

**Preparation**
Sauté the garlic, onion and carrot until soft in a pan with olive oil, then add the canned tomatoes, tomato purée and sugar. Simmer for 10 mins, stirring occasionally, then add the basil and blend in the pan using the Braun Multiquick hand processor, just before serving. Serve with pieces of toast or rice cakes.
**Yoghurt smoothie**  
Portions: 6 | Makes approx. 700ml | Cooking time: 3 mins

**Ingredients**  
• 250ml yoghurt – either plain, vanilla or flavored  
• 1 banana or other fruit  
• 250ml milk

**Preparation**  
Place all ingredients together in a beaker and blend using the Braun Multiquick hand processor.

**Butternut squash stew**  
Key: DF F M | Portions: 4 | Makes approx. 500g | Cooking time: 1.5 hours

**Ingredients**  
• 1 butternut squash  
• 3 tbsp vegetable oil  
• 100g pork or beef, chopped finely in the Braun Multiquick chopper  
• 125g onion, finely chopped  
• 1 large cooking apple, cored and cut into chunks  
• 75ml water or unsalted stock  
• 30g raisins  
• 1 tsp chopped fresh or half tsp dried basil or thyme

**Preparation**  
Preheat the oven to 180ºC. Cut the squash into quarters and scoop out and discard the seeds and stringy pulp. Place the squash pieces cut side down in a large ovenproof dish with 1cm water in the bottom. Cover and bake until tender (about 1 hour). After 15 mins, heat the oil in a pan and fry the meat, onion and apple until tender (about 15 mins). Add the remaining ingredients, cover and bring to a boil. Reduce the heat, then simmer for about 30 mins, stirring occasionally. Drain the water from the squash, scoop out the soft flesh, then discard the skin. Mix the flesh with the meat mixture and return to the baking dish. Cover with foil and bake until hot.

**Beetroot and cannellini bean hummus**  
Key: V DF M | Portions: 6 | Makes approx 500g | Cooking time: approx 50 mins

**Preparation**  
• 1 fresh medium beetroot, washed  
• 425g can of cannellini beans, rinsed and drained  
• 1 garlic clove, peeled  
• squeeze of lemon juice  
• 4 tbsp olive oil

**Preparation**  
Preheat oven to 180ºC. Bake beetroot and unpeeled garlic clove in a covered, heatproof dish for 45 mins or until beetroot is easy to skewer with a knife. Remove any remaining skin from beetroot and peel from the garlic clove. Place the beetroot, garlic clove and all other ingredients in a beaker and purée using the Braun Multiquick hand processor until smooth. Serve with pieces of toast or rice cakes.
**Bacon and parsnip soup**  
Key: F M | Portions: 6 | Makes approx 400ml | Cooking time: 40 mins

**Ingredients**
- 25g butter
- 1 tablespoon oil
- 50g onion, chopped using the Braun Multiquick chopper attachment
- 250g parsnips, chopped
- 50g bacon,
- 1 litre unsalted vegetable stock
- a little single cream
- freshly chopped parsley

**Preparation**
Heat the butter and oil together in a large pan. Add the onion and parsnip and cook gently for 5-6 mins until softened. Add the diced bacon and stock and bring to the boil. Simmer gently for 30 mins, then purée the soup in the pan with the Braun Multiquick hand processor until smooth. Add a splash of cream and serve with parsley.

**Dairy free creamy mushroom soup**  
Key: V DF F M | Portions: 6 – 8 | Makes approx. 1000ml | Cooking time: 30 mins

**Ingredients**
- 50g dairy free margarine
- 50g onion, quartered and chopped in the Braun Multiquick chopper
- 1 clove garlic, crushed
- 250g mixed wild mushrooms, sliced
- 50g plain flour
- 500ml unsalted vegetable stock
- 1 tbsp freshly chopped or dried tarragon
- 300ml soya milk

**Preparation**
Melt the margarine in a large saucepan and sauté the onions and garlic for 4 mins (or until soft). Add the mushrooms and fry for a further 5 mins. Stir in the flour and cook for 2 mins. Gradually pour in the stock, stirring constantly. Stir in 1 tablespoon of tarragon. Bring slowly to the boil, then reduce the heat and simmer for 12 mins. Allow the mixture to cool, then purée in the pan with the Braun Multiquick hand processor. Just before serving add the milk, season with black pepper and reheat, without boiling. Serve with pieces of toast or rice cakes spread with milk free margarine.
Sweetcorn chowder
Key: V F M | Portions: 4-6 | Makes approx. 1000ml | Cooking time: 30 mins

Ingredients
• 75g onion, chopped in the Braun Multiquick chopper
• 250g potato, peeled and diced
• 1 yellow pepper, de-seeded & diced
• 2 tbsp vegetable oil
• 400ml full fat cow’s milk
• 180g sweetcorn
• 1 tablespoon chopped parsley

Preparation
Place the onion, potato, pepper and oil into a large saucepan and fry over a medium heat until the onion has softened. Heat the milk to boiling point in a separate saucepan, then pour it over the vegetables and bring back to the boil over a low heat. Simmer for 10-12 mins until the potatoes are cooked, then add the sweetcorn and cook for a further 5 mins. Season with nutmeg and a pinch of freshly ground black pepper.

Pork and vegetables
Key: DF F M | Portions: 6 | Cooking time: 60 mins

Ingredients
• 200g minced pork
• 2 tsp olive oil
• 300ml unsalted stock
• 1 can chopped tomatoes
• 50g onion, quartered and chopped using the Braun Multiquick chopper attachment
• 100g celery, chopped
• 1 tsp dried oregano
• 1 garlic clove, crushed
• 1 bay leaf
• 1 small zucchini, sliced
• 1 tbsp cornflour
• 1 tbsp water

Preparation
Fry the pork in olive oil until well browned. Add the stock, then stir in the tomatoes, onion, celery, oregano, garlic and bay leaf. Bring to the boil, then cover, and simmer for 40 mins. Stir in the zucchini and bring back to the boil, then simmer on a reduced heat for 5 mins before mixing the cornflour with the water and stirring into the pork mixture. Continue to cook until the gravy thickens. Allow to cool and purée to desired consistency with Braun Multiquick hand processor. Serve with mashed potatoes or pasta.
**Stuffed baked potato**
Portions: makes 4 half baked potatoes | Makes approx. 350g | Cooking time: 90 mins

**Ingredients**
- 2 medium potatoes
- 80g leek, cut into pieces and finely chopped using your Braun Multiquick chopping attachment
- handful of fresh herbs
- 2 tsp olive oil
- 2 tsp unsalted butter

**Preparation**
Heat the oil and butter in a small pan. Sauté the leek for 2 mins then remove from the heat. Remove the centre of the potatoes using an apple corer and save the removed piece. Stuff the hole in each potato with the leek and some fresh herbs, then make small ‘plugs’ for each end of the hole with the potato ‘core’. Wrap the potatoes in foil and bake in a preheated oven at 180°C for 75 mins or until a fork can easily be pushed through it. Remove the foil, then halve the potato, scoop out the flesh, mash and replace in the baked potato skin to serve.

F Baked potatoes are a family favourite all year round. To serve this dish to older family members, you may wish to make some of the stuffing mix with more garlic and add seasoning at the table.

**Zucchini soup**
Portions: 4 | Makes approx. 600g | Cooking time: 25 mins

**Ingredients**
- 500g zucchini, chopped
- 2 medium potatoes, diced
- 1 small onion, peeled and chopped
- ½ clove garlic, crushed
- splash of olive oil
- 350ml low salt vegetable stock
- 2 tbsp natural yogurt

**Preparation**
Fry the onion and garlic in olive oil until soft. Add the potato. Cover and heat gently for 15 mins, stirring occasionally. Add the zucchini and cook for 5 mins. Pour in the stock and bring to the boil. Simmer until the potatoes are tender (5 to 10 mins), then puree using your Braun Multiquick hand processor, stir in the yogurt and serve.
Cheesy Potato Bake
Portions: 6-8 | Makes approx. 500g | Cooking time: 45 mins

Ingredients
• 3 medium potatoes, peeled
• 100ml milk
• 50ml single cream
• ½ crushed garlic clove
• 1 sprig thyme
• 50g Parmesan, chopped finely using your Braun Multiquick chopper attachment
• 50g Cheddar cheese

Preparation
Preheat the oven to 180°C. Slice the potatoes to a thickness of about ½ a centimeter. Add the milk and cream to a pan and bring to the boil, then add the potatoes, garlic and seasonings and simmer until the potatoes are tender. Next, remove the potatoes and spread out half of them over the base of a small, oven proof dish. Sprinkle with half the Parmesan and half the Cheddar cheese. Place the remaining potatoes on top of the first layer and sprinkle with the remaining cheese. Pour in milk/cream mix that you originally cooked the potatoes in. Bake in the oven for 15-20 mins. Chop up or mash well. Puree gently using your Braun Multiquick hand processor.

Potato Pancakes
Portions: 3-4 | Makes approx. 400g | Cooking time: 20 mins

Ingredients
• 350g potato, peeled and grated
• 50g onion, quartered and then finely chopped using your Braun Multiquick chopper attachment
• pinch freshly ground black pepper
• 1 tbsp butter

Preparation
Mix together the potato, onion and pepper in a bowl. Melt the butter in a small pan. Then place the potato mixture into the pan and spread evenly, flattening with the back of a large spoon. Cover the pan and cook over a low heat for 15 mins, until the underside is golden. Remove from the heat flip the pancake using two spatulas or similar utensils. Return the pan to the heat but do not cover. Cook for a further 15 mins, until both sides of the pancake are golden brown.
**Potato gnocchi**  
Portions: 4-6 | Makes approx. 400g | Cooking time: 30 mins (or 15 mins for just the sauce)

**Ingredients**  
- For the gnocchi  
  - 350g potato, peeled and sliced  
  - 25g flour  
  - (Alternatively, use shop bought gnocchi)  
- For the tomato sauce  
  - Tin of chopped tomatoes  
  - Shallot, quartered chopped using your Braun Multiquick chopper attachment  
  - Pinch of oregano

**Preparation**  
To make the gnocchi  
Simmer the potatoes in water until tender (10-15 mins), then drain and purée using your Braun Multiquick hand processor while still warm. Slowly stir the flour into the potato, until the mixture becomes smooth. On a floured surface, roll out the potato mixture to form a sausage shape about 2cm in diameter. Cut into 2.5cm chunks, then press each piece over the tines of a fork and roll gently to create the 'gnocchi' shape. To cook the gnocchi, bring a large pan of water to the boil, then gently drop the gnocchi into the boiling water. When the gnocchi rise to the surface (after about 3 mins) they are ready and can be served with a sauce or dip of your choice, either as finger food or served in a bowl.

To make the tomato sauce  
Sauté the shallot in a little olive oil until tender, then add the tomatoes and simmer over a low heat until the sauces reduces and thickens. Add a little oregano just before serving and stir.

**Butternut squash and red pepper broth**  
Portions: 3-4 | Makes approx. 400g | Cooking time: 30 mins

**Ingredients**  
- ½ butternut squash, peeled and cut into chunks  
- 1 large red pepper  
- 750ml low salt chicken or vegetable stock  
- 2 tbsp plain yoghurt

**Preparation**  
Pre-heat the oven to 180°C. Remove the stem and scoop the seeds from the red pepper and chop. Roast the pepper and butternut squash in an oven proof tray for about 25 minutes, until the squash is soft. Remove from the oven and blend with your Braun Multiquick hand processor until smooth. Finally, stir in stock until you have reached the right consistency for your baby.
Butternut Squash Muffins
Makes approx. 10-12 small muffins | Cooking time: 30 mins

Ingredients
• 250g butternut squash, roasted and puréed with a little water using your Braun Multiquick hand processor
• 50g whole wheat bread crumbs
• 50g grated cheese
• 2 tbsp sunflower oil
• 2 tbsp water
• 1 tbsp whole wheat flour
• 1 tsp baking powder

Preparation
Pre-heat the oven to 180°C. Combine all the ingredients in a bowl, then divide into greased muffin cases, place on a muffin tray and bake for 20-25 mins. Serve with roasted red pepper or roasted parsnips

Very Veggie Pancakes
Portions: 4 | Makes approx. 400g | Cooking time: 10-15 mins

Ingredients
• 2 small zucchini cut into pieces and chopped finely, in several batches, using your Braun Multiquick chopper attachment
• 50g plain or wholewheat flour
• 2 eggs
• 4 tbsp whole milk
• Splash of olive oil

Preparation
Grate the zucchini, then beat the eggs. Next, combine the eggs and flour, slowly pouring in the milk stir with a fork until you create a wet batter. Next, stir in the grated zucchini. Heat the oil in a frying pan, add a tablespoon of batter and fry for 2-3 mins. Flip the pancake using a spatula and cook for a couple more minutes until golden on both sides. The first one usually goes wrong so don’t worry!
**Rhubarb crumble**
Portions: 8-10 | Makes approx. 800g | Cooking time: 30-40 mins

**Ingredients**
- 400g rhubarb
- 100g raspberries
- 4 tbsp caster sugar
- Crumble Topping
  - 150g plain flour
  - 75g soft brown sugar
  - 100g cold butter, cut into pieces
  - 50g ground almonds

**Preparation**
Pre-heat oven to 200°C. To make the topping, mix the flour with the sugar and some salt in a bowl and mix in the butter until the mixture resembles breadcrumbs. Dice the rhubarb and mix with the raspberries then add fruit mixture to a 17cm ovenproof dish. Top with the crumble topping and bake in the oven for 20 – 30 mins until the fruit juices start to show through the crumble topping.

All the family will enjoy this sweet treat, but older family members with sweeter teeth than your little one may want a little more sugar added to the rhubarb, and a large dollop of cream or ice cream!

**Spinach and cheese bake**
Portions: 10-12 | Makes approx. 700g | Cooking time: 50 mins

**Ingredients**
- 2 eggs
- 90g flour
- 250g frozen chopped spinach, thawed
- 150 g container low-fat cottage cheese
- 150 g grated cheddar cheese

**Preparation**
Oil a large casserole dish. In a large bowl, beat eggs with flour until smooth. Add remaining ingredients and blend together using your Braun Multiquick hand processor. Spoon into prepared dish, cover, and refrigerate. Bake, uncovered, at 180°C for 40 mins.
Stage 5: Toddler treats
From around 13 until 23 months

Egg mayonnaise sandwiches
Key: V DF M | Portions: makes 1 – 2 sandwiches | Cooking time: 8 mins

Ingredients
• 1 egg
• 2 tbsp mayonnaise
• 2 slices of bread
• Pinch of chopped, fresh chives

Preparation
Boil the egg for about 5 mins until hard boiled. Remove from water and allow to cool. When cool, chop egg and add two the mayonnaise. Spread the mixture on bread and garnish with a pinch of chopped, fresh chives.

Turkey nuggets
Key: F M | Makes approx. 25 nuggets | Cooking time:

Ingredients
• 300g turkey cut into roughly 2.5cm pieces
• 4 tbsp vegetable oil, for frying
• Marinade
• 200 ml buttermilk
• 1 tbsp fresh lemon juice
• 1 tsp soy sauce
• Pinch of paprika
• Coating
• 100g plain flour
• 1 egg, beaten with 1 tbsp water
• 100g dry breadcrumbs
• 60g Parmesan cheese chopped in the Braun Multiquick chopper

Preparation
Blend together the marinade ingredients using your Braun Multiquick hand processor and marinate the turkey pieces for at least 2 hours in a covered container in the refrigerator. Place the flour on a large plate and beat the egg with the water in a bowl. Combine the breadcrumbs and Parmesan together in a large bowl. Remove turkey from the marinade, and toss pieces in the flour. Then dip in the beaten egg and roll in the breadcrumbs. Heat the oil in a large frying pan and sauté the turkey nuggets for 2–3 mins each side until golden and cooked through, turning occasionally.
Noodles with fromage frais
Portions: 6 – 8 | Makes approx. 750g | Cooking time: 10 mins

Ingredients
• 225g noodles
• 500g fromage frais
• 1 tbsp chopped fresh basil
• 1/2 clove garlic, chopped in the Braun Multiquick chopper attachment
• Freshly ground black pepper

Preparation
Cook the noodles according to manufacturers instructions, and drain them. Mix the other ingredients together, and toss in the pasta. Mix well again and serve immediately.

Potato and leek soup
Key: V F M | Portions: 6 – 8 | Makes approx. 1.5l | Cooking time: 25 mins

Ingredients
• 25g butter
• 2 medium leeks, washed and thinly sliced
• 250g potatoes
• 1 litre unsalted fresh vegetable stock, hot
• 2 bay leaves
• 100ml single cream

Preparation
Melt the butter in a large saucepan. Add the leeks and sauté until soft. Cut the potatoes into chunks and add to the pan with the stock and bay leaves. Cover, bring to the boil, then reduce the heat slightly and simmer for 15 mins until the potatoes are soft. Remove from the heat. Remove bay leaf and blend in the pan with the Braun Multiquick hand processor, until smooth.

Grilled halloumi fingers
Key: V | Portions: 4 | Cooking time: approx 15 mins

Ingredients
• 1 tbsp olive oil
• 150g halloumi cheese
• 30g fresh basil, chopped in the Braun Multiquick chopper

Preparation
Cut the halloumi cheese into bite sized strips, then fry in the olive oil until brown. Serve covered in the chopped basil. Serve with warmed pita bread.
**Penne with broad beans**

Key: V M | Portions: 6 – 8 | Cooking time: approx 15 mins

**Ingredients**
- 225g penne pasta
- 1 garlic clove, crushed
- 6 mint leaves
- 180g shelled broad beans
- 1 tbsp olive oil
- 50g onion, quartered and chopped in the Braun Multiquick chopper
- 1 tbsp chopped parsley
- 50g Parmesan cheese, chopped in the Braun Multiquick chopper

**Preparation**
Cook the penne in a large saucepan of boiling water for 10 mins and drain. Steam the broad beans for about 5 mins e.g. using your Braun Food Steamer. Gently sauté the onion and garlic in the olive oil. Mix the pasta with the onion and garlic, broad beans, mint and parsley. Toss well together and serve with a sprinkling of Parmesan cheese.

**Little lasagne**

Portions: 6 – 8 | Makes approx 1000g | Cooking time: approx. 50 mins

**Ingredients**
- 1 tbsp olive oil
- 50g onion, quartered then chopped in your Braun Multiquick chopper attachment
- 80g carrot, chopped into small dice
- 60g mushrooms, sliced
- 400g tin chopped tomatoes
- 2 tbsp tomato puree
- 400g minced beef
- 120ml home made or other salt free beef stock (or water)
- ½ tsp dried oregano
- 8 - 10 sheets lasagna (the type that needs no precooking is easiest)
- 75g mozzarella cheese
- 25g parmesan cheese, chopped finely using your Braun Multiquick chopper attachment
- For the béchamel sauce
  - 5 dessert spoons cornflour
  - 600ml milk

**Preparation**
Preheat the oven to 180°C. Saute the vegetables in hot oil until tender, then add the garlic and heat through for a further 2 mins. Place the cooked vegetables in a beaker and blend to a smooth consistency using your Braun Multiquick hand processor, adding the tomatoes and tomato puree as you do so. Next, brown the beef in a pan, then pour in the blended tomato and vegetables together with the beef stock (or water) and oregano. Stir and then simmer for 25-30 mins until the sauce thickens. Next, make the béchamel sauce by mixing the cornflour and milk in a pan with a splash of milk. Heat the mixture gently, add the rest of the milk, then bring to the boil and whisk for 30 seconds or so until it thickens. To make the lasagne, layer the place a layer of cheese sauce in the bottom of an oiled, large rectangular oven dish, followed by a layer of pasta sheets, then a layer of meat and so on until you have used up the sauces and pasta sheets. Top the layers with cheese sauce and sprinkle with parmesan and mozzarella. Bake for 40 mins or until the top of the lasagne has started to brown.
Pork and apple sausage rolls  
Key: F | Portions: makes 20 – 25 sausage rolls | Cooking time: approx 35 mins

Ingredients
• 375g pack puff pastry
• 1 tbsp olive oil
• 50g onion, quartered and chopped using your Braun Multiquick chopper attachment
• 1 apple, chopped
• 450g good quality pork sausage meat
• 1 handful fresh parsley, chopped
• 1 egg, beaten

Preparation
Preheat oven 200°C. Grease two baking trays. Roll pastry until it is about 30cm x 30cm and then cut in half. Sauté the onion until soft. Add the apple and cook for 1 min. Halve the sausage meat and place in a beaker with half the onion/apple mixture and blend together with parsley. Repeat with the other half of the sausage meat and onion/apple mix. Slice pastry into strips 3cm wide, lay a line of meat mixture along the length of each strip and brush one edge of each strip with beaten egg. Then roll up and seal with the seam underneath. Cut each long roll into 2.5cm lengths. Pierce the tops with a fork, brush with beaten egg and cook on a baking tray for 20-25 mins. Leave to cool on a cooling rack.

Black bean cakes with salsa dip  
Key: V | Makes approx. 15-20 cakes | Cooking time: approx 20 mins

Ingredients
• 425g can black beans, rinsed and drained
• 125g frozen sweetcorn, defrosted
• 60g cheddar cheese, grated
• 1/2 clove of garlic
• 1/2 onion, chopped
• 2 tbsp bread crumbs
• 1 egg

Preparation
Place all the ingredients in the beaker and blend together using the Braun Multiquick hand processor. Heat a large frying pan and place 1 tbsp of the bean mixture in the pan. Using the back of a spoon, spread the mixture into a 1 cm thick patty and cook for 3 mins. Flip over and cook for another 3-4 mins or until cooked through. Repeat with the rest of the mixture, allow to cool slightly and serve.
Hidden vegetable pasta Bolognese
Key: V (if made with textured vegetable protein, soya mince or other meat substitute) DF F M
Portions: 3 – 4 | Makes approx. 400g | Cooking time: approx 20 mins

Ingredients
• 1 tsp vegetable oil
• 50g onion, quartered and chopped in the Braun Multiquick chopper attachment
• 50g courgette cut into chunks and chopped finely in the Braun Multiquick chopper attachment
• 80g very lean minced beef (or Quorn/meat substitute)
• 200g canned chopped tomatoes
• 1 tbsp fresh unsweetened apple juice
• fresh basil leaves, chopped
• 35g dried pasta shapes

Preparation
Soften the onions in a pan over a moderate heat then add the courgettes and cook until soft. Stir in the beef and continue to cook until piping hot and evenly browned. Add the chopped tomatoes and allow to simmer for approx 5 mins. Add the apple juice and the fresh basil and cook for a further 5 mins until the sauce thickens. Meanwhile, cook the pasta according to manufacturers instructions. When the sauce is ready, stand until slightly cooled and blend at low speed for a few seconds. Add sauce to the cooked pasta.

Mini veggie burgers
Key: V F | Portions: 12 - 15 snack sized burgers | Cooking time: approx 20 mins

Ingredients
• 1 tbsp olive oil
• 50g onion, chopped using the Braun Multiquick chopper attachment
• 3 mushrooms, diced
• 1 large carrot, peeled and grated
• 1 garlic clove, crushed
• 1 tsp soft light brown sugar
• 5 tbsp crushed cornflakes
• 50g Parmesan cheese cut into pieces and, chopped finely in the Braun Multiquick chopper attachment
• 40g fresh breadcrumbs
• 2 tbsp flour
• 1 egg
• 2 tbsp olive oil, for frying

Preparation
Cook the chopped and grated vegetables in a large, oiled pan until they start to soften (approx 8 mins) then add garlic and cook for another minute, before adding the soy sauce and sprinkling in the sugar. Cook for a minute longer, then place the vegetables in a bowl and mix in half the hard cheese, the fresh breadcrumbs and season lightly with pepper. To make the mini burgers, take a pinch of mixture and roll into a small, flattened ball shape. For the crispy coating, mix the remaining hard cheese with the crushed cornflakes in a large bowl. Beat the egg, dust a plate with the flour and then dip each burger patty first in the flour, then the egg, then the cornflake crumbs. Finally, sauté the burgers in a large pan using a little olive oil for about 2 mins on each side before serving.
**White fishcakes**  
Key: F | Makes at least 15 small fishcakes | Cooking time: approx 20 mins

**Ingredients**  
- 250g potatoes, peeled and diced  
- 20g butter  
- 200g white fish fillet such as Pollock or cod (all bones removed)  
- 50g onion, quartered and finely chopped using the Braun Multiquick chopper attachment  
- 1 tbsp tomato ketchup  
- 1 egg lightly beaten  
- 100g breadcrumbs  
- 1 tbsp sunflower oil for frying

**Preparation**  
Boil the potatoes in a saucepan until soft. Poach fish fillet in a little milk for about 8 mins, until cooked through, then drain potatoes. Remove fish from milk and flake, taking care to remove any bones. Chop potatoes, salmon, and onion and mix with ketchup. To form fishcakes, take a dessertspoon of mixture and shape into a smooth patty. Coat the patties in flour, then dip in the beaten egg followed by the breadcrumbs and fry in a little sunflower oil until they take on a rich golden colour.

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**Turkey kebabs**  
Key: DF | Makes 4-6 kebabs | Cooking time: 25 mins

**Ingredients**  
- 40g onion, chopped in the Braun Multiquick chopper  
- 50g courgette, grated  
- 1 orange pepper, deseeded & diced  
- 25g bacon, chopped  
- 120g turkey mince  
- 1 medium sized egg  
- 100g breadcrumbs  
- 4 sticks of celery, cut into 10cm lengths  
- 2-3 tablespoons vegetable oil

**Preparation**  
Mix the onion, courgette and peppers in a bowl. Grill the bacon for 4-5 mins and add to the turkey mince and add to the bowl with the turkey mince. Add the egg and breadcrumbs and combine thoroughly. Next, take a small ball of the mixture and 1 celery stick and gradually attach the mixture around the celery, taking care to leave a little celery exposed at each end so the kebab can be held while eating. Do the same for all the kebabs. Finally, fry the kebabs for 6 mins each side, ensuring that the meat is golden brown and cooked thoroughly.
**Meaty baked potatoes**
Key: M | Makes 8 - 10 baked potato halves | Cooking time: approx 50 mins

**Ingredients**
- 4 baking potatoes
- 350g minced beef
- 50g onion, quartered and chopped in the Braun Multiquick chopper
- 25g butter
- 1 can chopped tomatoes
- 1 stick celery with leafy top
- 75g red pepper, chopped
- 15g gravy granules
- 300ml boiling water

**Preparation**
Preheat the oven to 200°C. Prick the potatoes and bake for about 1 hour or until soft. Heat the minced meat and onions in a small pan until browned then add the chopped celery and red pepper, fry for two minutes more then pour on the chopped tomatoes, cover and allow to simmer for 20 mins. When they are cooked, slice the top of each potato lengthways until it can be split open. Scoop out the potato, mash with butter then set aside. Fill the potato shell with the meat and vegetable mixture, then top with a little of the mash and serve.

**Mini strawberry cheesecakes (for special treats only!)**
Makes 6 mini cheesecakes | Cooking time: approx 10 mins, then 2-3 hours to chill

**Ingredients**
- 75g digestive biscuits, finely chopped
- 40g melted butter
- 3 tbsp thick yoghurt
- 50g cream cheese
- zest and juice of one small lemon
- 25g icing sugar
- 100ml double cream, whipped to soft peaks
- 75g ripe strawberries, sliced

**Preparation**
Mix together the crushed biscuits and melted butter in a bowl, then press into 6 small ramekins. Next, mix the cream cheese, yoghurt and lemon juice/zest in a bowl to soften before stirring in the whipped cream. Spoon the mixture onto the biscuit bases and allow to chill in a refrigerator until just before serving for at least 2 hours. Before serving, top with sliced strawberries.
Frittata
Portions: 6-8 | Makes approx. 800g | Cooking time: 45 mins

Ingredients
• 2 tbsp olive oil
• 2 medium potatoes, peeled and diced
• 50g onion, quartered and chopped finely using your Braun Multiquick chopper attachment
• 1 red pepper, chopped
• handful of mushrooms
• 50g frozen peas
• 1 large tomato, chopped
• 1 tbsp tomato purée
• 2 tbsp water
• 4 eggs beaten

Preparation
Preheat oven to 200°C. Heat the oil in a pan, add the potatoes and sauté for about 5 mins until golden brown then remove and keep warm. Add onion, red pepper, mushroom and bacon and sauté for 5 mins. Add the peas, tomatoes and tomato purée and cook for 1 min. Add the water. Stir well then cook for another 5 mins. Transfer to a greased ovenproof dish and pour beaten eggs over the top. Bake for 20 - 25 mins or until set. Serve with pieces of toast. This dish is suitable for all the family to enjoy together as part of a tapas meal, or served simply with bread or vegetables. If you want to, you could add some sautéed garlic and a pinch of cumin or smoked paprika to a separate mixture for older family members, or sprinkle these on top at the table.

Lamb stuffed zucchini
Portions: 8-10 | Makes approx. 750g | Cooking time: 45 mins

Ingredients
• 3 medium zucchini
• splash of olive oil
• 50g onion, quartered then finely chopped using your Braun Multiquick chopper attachment
• 200g cream cheese
• 50g pine nuts finely chopped
• 100g bread crumbs
• 125g minced lamb
• pinch of oregano

Preparation
Halve the zucchini lengthwise and scoop out the centre and chop the part you have scooped out. Fry the onions gently in the olive oil until soft then add the minced lamb and chopped zucchini. Cook over medium heat until the lamb is well browned and the zucchini softens. Add the other ingredients and stir over the heat, then remove from the heat and allow the cream cheese to melt. Next, spoon the mixture into the scooped out zucchini shells and place them in a high-sided baking tray (a brownie tray is perfect). Add just enough water to cover the bottom of the pan. Cover with foil and bake at 180°C degrees for 25-30 mins. Bake uncovered for a final 5 mins to allow the topping to brown slightly.
Grilled halloumi with tomato salsa dip
Portions: 3-4 | Makes approx. 500g | Cooking time: 5 mins

Ingredients
• 1 tin chopped tomatoes
• 50g red onion, quartered then chopped using your Braun Multiquick chopper attachment
• ½ green pepper, cored, seeded, and chopped
• ½ cloves garlic, crushed
• 2 tbsp fresh lime juice
• 1 tbsp olive oil
• 1 tbsp sugar
• 1 tsp dried oregano
• 2 or 3 coriander leaves

Preparation
In large bowl, mix together tomatoes, onion, green pepper, garlic, lime juice, olive oil, sugar, and oregano. Stir in chopped coriander leaves and pulse quickly using your Braun Multiquick hand processor. Serve with 30g chunks of lightly grilled halloumi cheese per person.

Happy face pita pizza
Makes 4 mini pita pizzas | Cooking time: 20 mins

Ingredients
• 1 tin chopped tomatoes
• ½ tsp Italian mixed herbs
• 100g mozzarella cheese, shredded
• 4 mini pita breads
• 20g black olives, sliced

Preparation
Preheat oven to 180°C. Place the tomatoes and mixed herbs together in a pan and whiz together briefly using your Braun Multiquick hand processor then simmer over a medium heat until the sauce reduces and thickens. Remove from heat and allow to cool, then spread the pitas with sauce, cheese and black olive slices. Place on a foil lined baking tray and cook for 10 mins or until cheese is melted.

Older children and adults all love pizza, but if other family members think a happy face is only for little ones, offer a few alternative toppings and let them make up their own decoration.
Turkey and sweet potato rissoles
Portions: 4-5 | Makes approx. 650g | Cooking time: 20 mins

**Ingredients**
- 250g sweet potato, baked or boiled
- 150g cooked turkey, chopped
- 50ml low salt chicken stock
- 3 tbsp fresh coriander, chopped
- 1 large egg white
- 1 tbsp oil
- 1 tbsp butter
- 2 spring onions, chopped finely using your Braun Multiquick chopper attachment
- pinch black pepper
- 50g sweet red pepper

**Preparation**
Pre-heat oven to 200°C. Mash the cooked sweet potatoes and set aside. Chop the sweet red pepper into thin strips about 2.5cm long. Mix together with potato mash and chopped spring onion. Chop the turkey cubes finely and add to the mix with the egg white, chicken stock and pepper. Heat the oil and butter together in a large frying pan. When hot, add small balls of the rissole mixture and cook for 3 mins until the bottom is browned. Turn over and cook for another 2 mins. Turn the fried rissoles into an overproof dish bake for 10 mins.

Cheese and basil dip
Portions: 4 (with crudités or breadsticks to dip) | Makes approx. 200g | Cooking time: 5 mins

**Ingredients**
- 3 fresh basil leaves
- ½ garlic clove
- 50g cream cheese
- 30g grated parmesan
- a little olive oil

**Preparation**
Finely chop the basil and garlic. Blend all ingredients together using your Braun Multiquick hand processor until smooth. Serve with crudités.
This is also a very sophisticated dip to serve with nachos, crackers or breadsticks at a party for older children or adults.
**Beef and pumpkin risotto**
Portions: 8-10 | Makes approx. 900g | Cooking time: 20-25 mins

**Ingredients**
- 30g butter
- 1 tbsp oil
- 1 medium onion, chopped
- ½ garlic clove crushed
- 200g beef mince
- 250g risotto rice
- 1 litre hot chicken stock
- 300g pumpkin, diced
- 100g button mushrooms, sliced

**Preparation**
Heat butter and oil in a large pan, add onion and garlic and sauté over medium heat for 2 mins or until lightly brown. Add beef mince, and stir-fry over a high heat for 5 mins, until well browned. Add rice, fry for 1 min. Add a quarter of the stock and stir continuously for 2 mins, until liquid is absorbed. Keep adding stock, a little at a time, stirring in the pumpkin, mushrooms and zucchini after half the stock has been added. Keep adding and stirring until all liquid has been added and rice is soft. Remove from heat, and serve immediately. For younger babies, you can purée this dish using your Braun Multiquick hand processor.
Meatballs in Chinese sauce
Makes approx. 20 meatballs | Cooking time: 30 mins

Ingredients
For the meatballs
• 300g lean minced pork
• 50g onion, quartered and finely chopped using your Braun MultiQuick chopper attachment
• 50g stale white bread, chopped into breadcrumbs using your Braun MultiQuick hand processor
• 1 tbsp chopped parsley
• 1 chicken or vegetable stock cube
• 40ml cool water
• 30ml sesame oil for frying

Sweet and sour sauce
• 1 tbsp soy sauce
• ½ tbsp cornflour
• 1 tbsp sesame oil
• 1 onion, finely chopped
• 800g chopped tomatoes
• 1 tbsp malt vinegar
• 4 tbsp pineapple or orange juice
• 1 tsp brown sugar

Preparation
Mix all the meatball ingredients together by hand. Flour your hands and squeeze the mixture into 15 – 20 balls. Heat the oil in a pan and sauté the balls for 10 mins, until well browned. As the meatballs are frying, mix together the soy sauce and cornflour in a bowl. Heat the oil in a pan and sauté the onion for around 3 mins, then add the red pepper and sauté for 2-3 mins. Next, add the tomatoes, vinegar and sugar and simmer gently for 10 mins. Add the soy sauce and cornflour mixture and cook for 2 mins, stirring occasionally. Blend in the pan using your Braun MultiQuick hand processor. Before serving, pour the sauce over the meatballs in a pan, cover and heat through for about 5 mins or until cooked through. Serve with pasta.

Guacamole
Portions: 4 | Makes approx. 200g | Cooking time: 5 mins

Ingredients
• 1 avocado
• 1 tbsp tomato juice
• 1 tsp fresh coriander, chopped
• pinch ground cumin

Preparation
Mash the avocado, blend together with the remaining ingredients using your Braun MultiQuick hand processor and serve as a dip. Serve with cucumber sticks and rice cakes. This is also a very sophisticated dip to serve with nachos, crackers or breadsticks at a party for older children or adults, or can be served as a cooling side dish with hot chili or tacos.
**Apricot rice**
Portions: 4 | Makes approx. 400g | Cooking time: 25 mins

**Ingredients**
- 100g brown rice
- 250ml water
- 3 ripe, fresh apricots

**Preparation**
Mix the rice with the water in a pan. Bring to the boil then simmer for 20 mins, or until all liquid is absorbed. Wash the apricot well, remove the skin and the stone and chop into small pieces. Combine the cooked rice and apricot in a bowl and pulse to a thick consistency using your Braun Multiquick hand processor. Serve with a tablespoon of plain yoghurt on top.

**Steamed grapes and butternut squash**
Portions: 3-4 | Makes approx. 400g | Cooking time: 15-20 mins

**Ingredients**
- 1 medium butternut squash
- 15–20 large, seedless green grapes

**Preparation**
Peel and de-seed the squash and cut into 2.5cm cubes. Place squash e.g. in your Braun Food Steamer and steam for about 10 mins. Wash and halve the grapes, then add them to steamer basket and steam for a further 5 mins. When squash and grapes are soft to touch with a fork, blend down to a thick consistency using your Braun Multiquick hand processor.

**Fruit and cottage cheese dip**
Portions: 2-3 | Makes approx. 250g | Cooking time: < 5 mins

**Ingredients**
- 60 g cottage cheese
- ¼ fresh peach
- 4 strawberries chopped
- 125ml water

**Preparation**
Peel peach, remove stone, and cut into pieces. Hull and stem strawberries and cut into quarters. Mix peach with cottage cheese and pulse quickly for 30 secs using your Braun Multiquick hand processor, retaining some of the texture of the fruit and cheese. Use a little of the water to dilute if necessary. Serve with strawberries and rice cakes.

**Avocado and cottage cheese dip**
Portions: 4-6 | Makes approx. 325g | Cooking time: < 5 mins

**Ingredients**
- 1 ripe avocado
- 125g cottage cheese

**Preparation**
Peel avocado and remove stone. Chop roughly and combine in a bowl with the cottage cheese. Pulse briefly using your Braun Multiquick hand processor until the two ingredients are well mixed before service. Serve with chopped tomatoes and pieces of toast.
**Puréed white fish**
Portions: 4 | Makes approx. 200g | Cooking time: 10 mins

**Ingredients**
- 1 small white fish fillet, carefully inspected to ensure there are no bones
- 60ml water

**Preparation**
Wash the fish fillet, then pour water into a microwavable dish and cover with lid. Cook on high for 3 mins. Allow to rest then cook for a further 3–4 mins. Allow to cool, then serve.

**Lentil mash dip**
Portions: 4 | Makes approx. 300g | Cooking time: < 5 mins

**Ingredients**
- 60g cottage cheese
- 150g cooked mashed potato
- 100g cooked lentils
- 1 tbsp finely chopped parsley

**Preparation**
Place ingredients in your beaker and pulse briefly using your Braun Multiquick hand processor. Serve with thick cucumber sticks.

**Mild Chicken and coconut curry dip**
Portions: 4-5 (if served as a dip with crudités and bread sticks) | Makes approx. 450g
Cooking time: 30 mins

**Ingredients**
- ½ boneless, skinless chicken breast diced
- 1 tsp mild red curry paste
- 1 tsp oil
- 125ml coconut milk
- 1 small white potato, diced
- 250ml low salt chicken stock or water

**Preparation**
Cook the curry paste and oil in a pan for 2–3 mins then add chicken and brown the chicken for 5 mins. Add potato, coconut milk, and chicken stock then simmer gently for 25–30 mins until potato and chicken are cooked through. Allow to cool then serve with boiled rice. This is also a very sophisticated dip to serve with nachos, crackers or breadsticks at a party for older children or adults, though you may wish to add a little more curry paste.
Cabbage with apples
Portions: 4-6 | Makes approx. 500g | Cooking time: 12 mins

Ingredients
• 500g fresh cabbage, washed and chopped roughly
• 1 large apple, peeled, cored and chopped
• 3 cups water

Preparation
Steam the chopped cabbage and apple e.g. in your Braun Food Steamer for about 10 mins until both are tender. Allow to cool then serve as an accompaniment turkey and sweet potato rissoles, or with Greek yoghurt or cream cheese.

Yogurt Fruit Drink
Portions: 4 | Makes approx. 400g | Cooking time: < 5 mins

Ingredients
• 250g vanilla yogurt
• 10 strawberries
• 1 peach
• ½ banana

Preparation
Wash and halve the strawberries and peach. Remove peach stone. Peel and chop banana. Place all ingredients in your beaker and blend until a thick, smooth consistency is achieved using your Braun Multiquick hand processor. Chill before serving.

Asparagus and cheese dip
Portions: 2-3 | Makes approx. 250g | Cooking time: 5-10 mins

Ingredients
• 2 asparagus spears
• 1/2 ripe avocado
• 1 tbsp cottage cheese

Preparation
Steam the asparagus e.g. in your Braun Food Steamer until soft but not too soft (approx. 5 mins). Blend scooped out avocado and cottage cheese in a bowl to a thick consistency using your Braun Multiquick hand processor and serve as a dip with lightly steamed asparagus pieces, crudites or toasted bread.
This is also a very sophisticated dip to serve with nachos, crackers or breadsticks at a party for older children or adults.
**Banana and carrot smoothie**  
Portions: 2-3 | Makes approx. 400ml | Cooking time: < 5 mins

**Ingredients**
- ½ ripe banana
- 125ml plain yogurt
- 125ml milk
- 125ml carrot juice

**Preparation**
Place all ingredients in your beaker and blend using the Braun Multiquick hand processor until smooth. Chill before serving.

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**Beef with red kidney beans**  
Key: DF F M | Portions: 6 | Makes approx. 1500g | Cooking time: 40 mins

**Ingredients**
- 1 tbsp vegetable oil
- 50g onion, quartered and chopped in the Braun Multiquick chopper
- 1 clove garlic, crushed
- 150g minced beef
- 400g can chopped tomatoes
- 400g can red kidney beans, drained
- 300ml unsalted vegetable stock, made up with 1 stock cube
- 1 yellow pepper, chopped
- 2 tbsp tomato purée
- pinch of freshly ground black pepper
- Add to taste for adults only!
- 1 green chili, finely chopped using your Braun Multiquick chopper attachment

**Preparation**
Heat the oil in a large frying pan and fry the onion, and garlic for 2 mins. Add the mince and fry for a further 5 mins until browned. Stir in the tomatoes, kidney beans, stock, pepper, tomato purée and season to taste. Bring to the boil and simmer gently for 20-25 mins. Add a little of the chopped green chili when serving to older family members.
Stuffed Marrow
Key: F M | Portions: 6 | Makes approx. 750g | Cooking time: approx 60 mins

Ingredients
- 1 tbsp vegetable oil
- 1 large marrow
- 40g leek, chopped in your Braun Multiquick chopper
- 1 tin of tomatoes, chopped
- 50g onion, quartered and chopped in your Braun Multiquick chopper
- 1 clove of garlic, chopped
- 100g of minced pork
- 3 mushrooms, chopped
- 30g of fresh oregano
- 50g of grated cheese

Preparation
Cut the marrow in half lengthways, and bake in the oven for twenty mins before scooping out the soft inside and putting in a bowl. While the marrow is cooking, chop together the onion, garlic, oregano, mushrooms, and leeks. Place in a pan with the pork, add tomatoes and fry in vegetable oil for approx 20 mins. Add the soft inside of the marrows to the pan, and then fill the oven baked marrow shells with the mixture, before returning to the oven for 10 mins. Cover the four halves with grated cheese, and melt under the grill before serving. Serve with mashed potatoes.

Chinese chicken wontons
Key: DF M | Makes 8 wontons | Cooking time: 20 mins

Ingredients
- 100g boneless chicken, chopped
- 2 tbsp celery, chopped in the Braun Multiquick chopper
- 2 tbsp carrots, chopped in the Braun Multiquick chopper
- 1/2 tbsp soy sauce
- 1/2 tsp fresh ginger, peeled and chopped in the Braun Multiquick chopper
- 1/2 garlic clove
- 1 tsp sesame oil
- 12 wonton skins
- bowl of water

Preparation
Mix all the chopped ingredients together except the wonton wrappers. Bring a large pot of water to a boil. Take a wonton wrapper place on a clean, dry surface. Place a teaspoon of the chicken mixture close to the edge of one of the 4 corners. Lightly moisten the edges of the wonton wrapper with your fingertip dipped in water. Fold the edge of the wrapper over the filling making a triangle and press to seal edges. Boil 4 wontons at a time in the water for 5 mins. Remove to a plate using a slotted spoon, cool and serve. Serve with soft boiled rice.
Cheese and spinach burgers
Key: V F M | Makes approx. 12 burgers | Cooking time: 30 mins

Ingredients
• 4 slices stale white bread
• 400g tin butter beans, drained and rinsed
• 1 egg, beaten
• 100g defrosted or fresh spinach, roughly chopped
• 1 teaspoon dried thyme
• 50g cheddar grated
• 1/2 clove garlic, crushed
• 2 tablespoons olive oil

Preparation
Tear the bread into small pieces, place in Braun Multiquick chopper and whiz into breadcrumbs. Next, blend the beans using the Braun Multiquick hand processor and beaker. Pour into a bowl and mix in the beaten egg, spinach, thyme, cheese and garlic. Stir in half the breadcrumbs. Shape the mixture into 6 patties and dip into the remaining breadcrumbs. Heat the oil in a frying pan and fry the burgers for 2-3 mins each side, until they turn golden brown. Serve with salad or burger buns.

Kiwi ice lolly
Key: V DF F | Makes 4 lollies | Cooking time: approx 5 mins + 4 hours freezing time

Ingredients
• 70g icing sugar
• 12 kiwis
• Juice of 1 lime
• 4 sticks
• 100ml water

Preparation
Peel 12 kiwis and cut each of them into four slices. Then blend them with the lime juice, icing sugar and water using your Braun Multiquick hand processor and sieve through the mixture. Put the mixture into 4 lolly moulds then place them in the freezer for approx 2 hours until mixture is frozen. Hold the outside of the glass under warm water for a few seconds to remove the lolly.
Baked squash with tasty stuffing
Key: V F M | Number of servings: 6 | Makes approx 800g | Cooking time: 40 mins

Ingredients
• 1 large butternut squash
• 1 small garlic clove, chopped in your Braun Multiquick chopper attachment
• small knob of butter
• 1 tbsp olive oil
• 2 cooking apples
• 40g dried cranberries
• Pinch fresh thyme
• 80g Cheddar cheese

Preparation
Preheat oven to 180°C. Divide the squash lengthways and scoop out the seeds. Place the two halves skin-side down in an ovenproof dish, spread half the butter and garlic into each and brush with oil. Roast for 1 hour or until the flesh feels tender when pierced with a skewer. Peel, core and chop the apple. Steam apple in your Braun Food Steamer, with the thyme and the cranberries and for 5 mins to soften. Carefully scoop most of the squash flesh out of the skin, leaving enough in place to keep the skin rigid. Mash with a fork, add the apple mix and most of the cheese. Spoon the mixture back into the squash, top with the remaining cheese and bake for a further 15 mins until the cheese bubbles.

Blueberry fromage frais American-style pancakes
Key: V M | Portions: 4 | Makes 6-8 pancakes | Cooking time: approx 30 mins

Ingredients
• 175g flour
• 1 teaspoon baking powder
• 40g brown sugar
• 2 eggs
• 200ml milk
• 2 tablespoons vegetable oil
• 400g plain fromage frais
• 100g blueberries

Preparation
Sift the flour and baking powder in to a large bowl, and then add in the brown sugar. In a separate bowl beat the eggs and slowly mix in the milk and oil, before gradually adding the flour mixture to form a smooth batter. Leave the batter to rest for 15 mins. Meanwhile, purée the blueberries using the Braun Multiquick hand processor and then add them to the fromage frais. Heat a small amount of oil in a pan, and use two tablespoons to make each pancake. Fry for 2 mins on each side until golden brown, then serve with the blueberry fromage frais.
**Strawberry smoothies**
Key: V F M | Portions: 3 | Makes approx. 750ml | Cooking time: 5 mins

**Ingredients**
- 1 punnet ripe strawberries
- 1/2 ripe banana
- 1 scoop vanilla ice cream
- 400 ml milk

**Preparation**
Place all the ingredients in the beaker and purée together with the Braun Multiquick hand processor until smooth. Serve chilled.

**Barbecued chicken drumsticks**
Portions: 10 | Makes approx. 10 drumsticks | Cooking time: approx. 80 min (plus refrigeration)

**Ingredients**
- 1 kg chicken drumsticks (about 10)
- 125ml honey
- 50 ml soy sauce
- 30 ml orange juice
- 2 tsp sesame oil
- 2 cm piece fresh ginger
- 2 cloves garlic

**Preparation**
With a sharp knife, make 3 or 4 cuts in each drumstick. Place them in a zip-top freezer bag. Combine all the marinade ingredients in a bowl and blend together using your Braun Multiquick hand processor. Pour marinade into the freezer bag with the chicken, seal and refrigerate for at least two hours or preferably overnight. When ready to cook, preheat the oven to 180°C and tip the chicken drumsticks and marinade into a large non-stick baking dish and bake for about 60 mins, basting occasionally with the marinade and turning the drumsticks over about halfway thorough. Transfer drumsticks to serving dish and allow to cool slightly before serving. Serve with boiled rice and fresh chopped tomato.

**Minced beef hash**
Portions: 6 | Makes approx. 750g | Cooking time: 40 mins

**Ingredients**
- 4 large potatoes, peeled and diced
- 200g minced beef
- 50g onion, quartered and chopped using your Braun Multiquick chopper attachment
- 250ml beef low salt beef stock or water

**Preparation**
In a large deep pan, over medium heat, mix together the potatoes, beef cubes, onion and beef stock/water. Cover and simmer until potatoes are tender and the liquid is almost all absorbed. Add more liquid if required. Mix together well, and serve either mashed, pureed slightly using your Braun Multiquick hand processor or as finger food. If you would like to serve this dish to adults, the addition of a glass of red wine during cooking and a little more herby seasoning in an ‘adult’ portion will bring out the flavour of the meat perfectly. Serve with soft boiled carrots.
**Hidden vegetable lasagne**
Portions: 10-12 | Makes approx. 1.3 kg | Cooking time: 60 mins

**Ingredients**
- 250g lasagne sheets
- 300g beef mince
- 400g chopped tomatoes
- 2 carrots
- 2 zucchini
- 3-4 cauliflower florets
- 3-4 broccoli florets
- 2 tbsp butter
- 60g plain flour
- 500ml milk
- 150g grated cheese

**Preparation**
Preheat oven to 180°C. Brown mince in a large saucepan over a low heat then add chopped tomatoes. Finely chop all vegetables, then add to beef and tomatoes, cover and simmer. To make the cheese sauce, melt butter in a pan, add flour and cook while stirring for about 1 min. Gradually add milk, stirring constantly over a low heat until sauce thickens. Then add cheese and stir until melted. When the beef, tomato and vegetable mix has thickened, pulse quickly using your Braun Multiquick hand processor. Layer lasagne sheets, mince sauce and cheese sauce until all ingredients are used up, with cheese sauce as the top layer. Sprinkle with grated cheese and bake in the oven for 20-30 mins.

**Spaghetti ice cream**
Portions: 4 | Makes approx. 400g | Cooking time: < 5 mins

**Ingredients**
- 250g vanilla ice cream
- 125g strawberries

**Preparation**
Press ice cream through a ricer into individual bowls. Blend the strawberries into a red sauce using your Braun Multiquick hand processor and pour over the 'spaghetti' ice cream before serving.
**Stuffed tomatoes**  
Portions: 6 | Makes approx. 500g | Cooking time: 25 mins

**Ingredients**  
- 1 small tin of tuna in oil  
- 125g cooked basmati rice  
- 6 medium-size black olives, chopped roughly  
- 1 small tomato, diced  
- ½ garlic clove, chopped finely using your Braun Multiquick chopper attachment  
- 1 tbsp chopped fresh thyme  
- 4 medium tomatoes

**Preparation**  
Preheat oven to 180°C. In medium bowl, mix tuna, rice, most of the olives, chopped tomatoes, garlic and thyme. Slice the tops off 4 tomatoes and scoop out flesh. Fill the aperture with tuna and rice mixture. Place tomatoes in baking dish and bake for 12-15 mins or until filling is hot. Remove, garnish with chopped olives and a squeeze of fresh lemon juice.

**Mild chicken curry**  
Portions: 3-4 | Makes approx. 350g | Cooking time: 50 mins

**Ingredients**  
- 1 chicken breast, boneless and skinless  
- 60ml apple juice  
- 1/2 sweet apple, peeled, cored and diced  
- 50g onion, quartered and chopped using your Braun Multiquick chopper attachment  
- 1 tbsp raisins  
- small pinch of curry powder  
- pinch of sage  
- pinch of thyme

**Preparation**  
Preheat oven to 180°C. Place the chicken breast in a baking dish. Cover dish with foil and cook for 30 - 45 mins, until chicken is cooked through. Combine all the remaining ingredients, pulse quickly using your Braun Multiquick hand processor and pour over the chopped, cooked chicken. Serve with boiled rice.  
If serving this dish to adults, simply omit the puréeing stage.
Iron-rich casserole
Portions: 6-8 | Makes approx. 650g | Cooking time: 2 hrs

Ingredients
- 300g lean beef steak, excess fat removed and diced into 2.5 cm cubes
- 50g onion, quartered and finely chopped using your Braun Multiquick chopper attachment
- 4 celery stalks
- 3 small carrot, diced
- Pinch of thyme
- 500ml water
- 1 tbsp cornflour blended with a few drops of cold water until smooth

Preparation
Preheat oven to 150°C. Heat 1 oil in a casserole dish and cook the onion and celery for 3-4 mins over a gentle heat. Add the carrot and continue cooking for 5 mins more. Reduce the heat to its lowest possible temperature. Add the beef cubes and stir well. Add the thyme and water and cover the casserole before placing in the oven for 1½ - 2 hours or until the meat is tender. Add the combined flour and water, stir well and cook for a further 5 mins until thickened.
For younger babies, this dish may be allowed to cool and purée before serving.

Fruity sandwich spread
Portions: 4 | Makes approx. 160g | Cooking time: < 5 mins

Ingredients
- 100g cream cheese, softened
- 60g crushed pineapple

Preparation
Drain the pineapple and add to the cream cheese in a bowl. Serve as a sandwich filling or dip for crudités.

Tofu and tarragon dip
Portions: 2-3 as dip with crudités and rice cakes | Makes approx. 150g
Cooking time: < 5 mins

Ingredients
- 140g soft tofu
- tiny pinch of white pepper
- 1 tsp tarragon

Preparation
Blend all ingredients together using your Braun Multiquick hand processor. Warm gently before serving as an accompaniment to crudités.
Tofu and vegetable dip
A great way to use up leftover steamed vegetables
Portions: 3-4 as dip with crudités and toast | Makes approx. 350g | Cooking time: < 5 mins

Ingredients
• 250g soft tofu
• 80g cup steamed vegetables (e.g carrots, squash, zucchini, broccoli.)

Preparation
Using your Braun Multiquick hand processor, blend together the tofu and vegetables. Serve with crudités and toast.

Broccoli florets and herby dip
Portions: 4 | Makes approx. 400g | Cooking time: 12 mins

Ingredients
• 100g cottage cheese
• 125g plain yoghurt
• 60g fresh parsley, chopped
• 10-12 small broccoli florets

Preparation
Steam the broccoli florets for 5 mins e.g. in your Braun Food Steamer. Combine the cottage cheese, yogurt and parsley together in a bowl and pulse using your Braun Multiquick hand processor. Cover and refrigerate. Serve as a dip with the steamed broccoli florets.

Broccoli guacamole
Portions: 5-6 | Makes approx 350g | Cooking time: < 5 mins

Ingredients
• 300g broccoli florets
• 60ml Greek yoghurt
• 1 tbsp mayonnaise
• Juice of 1 lemon

Preparation
Steam the broccoli florets using your Braun Multiquick Food Steamer for 5-6 mins until tender but not too soft then combine with all the other ingredients and blend using your Braun Multiquick hand processor until smooth. Serve as a dip to accompany carrot and cucumber yogurt dip

Portions: 3-4 | Makes approx. 400g | Cooking time: < 5 mins

Ingredients
• ½ cucumber, chopped into batons
• 1 carrot, finely chopped
• 240g plain yoghurt

Preparation
Combine carrot and yoghurt and blend using your Braun Multiquick hand processor until smooth. Serve as a dip to accompany toast and batons of cucumber. This dish makes a great accompaniment to curries or other spicy foods. You may wish to add 1 tbsp of finely chopped raw red onion for adults to enjoy.
**Slightly spicy carrot and orange dip**  
Portions: 4-5 | Makes approx. 400g | Cooking time: 12 mins

**Ingredients**  
- 300g carrots, peeled and chopped thin  
- 100g carrot chopped into batons  
- 1 tbsp orange juice  
- 2 tsps olive oil  
- pinch of ground cumin

**Preparation**  
Place all ingredients in a microwavable bowl. Cover with lid and cook on high 10 mins until carrots are tender. Remove from microwave, allow to cool and blend using your Braun MultiQuick hand processor until smooth. Serve slightly warm with toasted pita bread slices and batons of chopped carrot.

**Melon Smoothie**  
Portions: 2-3 | Makes approx. 400ml | Cooking time: < 5 mins

**Ingredients**  
- 100g honeydew melon  
- 100g cantaloupe melon  
- 100g seedless watermelon  
- 125ml unsweetened apple juice

**Preparation**  
Chop all ingredients and place in your beaker. Blend with your Braun MultiQuick hand processor until a smooth liquid is achieved. Chill before serving.

**Chicken and peach mash**  
Portions: 2 | Makes approx. 250g | Cooking time: < 5 mins

**Ingredients**  
- 60g cooked chicken  
- 60g white or brown rice, cooked  
- 125g very ripe peach

**Preparation**  
Cut the peach in half, removing the stone, then scoop the peach flesh out using a spoon. Mash with a fork; then drain the leftover juice into a small dish. Dice chicken. Add to a bowl with the peach. Add cooked rice, allow to cool slightly then serve.
Stage 6: Energy for growth
From around 24 months upward

Cheesy mini falafels
Key: V M | Makes approx. 25 mini falafels | Cooking time: 30 mins

Ingredients
• 2 x 410g tins chickpeas, drained and rinsed
• 2 tbsp plain flour
• 60g cheddar cheese, grated
• 3 tbsp flat - leaf parsley, chopped
• 1 egg, beaten

Preparation
Preheat the oven to 180ºC. Line a baking tray with greaseproof paper. Place all of the ingredients (half at a time) into the beaker and blend with the Braun Multiquick hand processor until smooth. Using a rounded dessertspoon, scoop balls of the mixture onto the greaseproof paper. Bake for 20 mins or until golden. Allow to cool on a wire rack.

Chocolate tofu pudding
Key: V DF M | Portions: 4 – 5 | Makes approx. 500g | Cooking time: 5 mins

Ingredients
• 400g soft tofu
• 5g cocoa powder
• 2 tbsp honey
• 1 tsp vanilla essence
• 1 banana sliced

Preparation
Place all the ingredients except the banana in your beaker and blend with the Braun Multiquick hand processor. Serve chilled with slices of banana.

Egg, cheese and tomato toasted sandwiches
Key: V | Makes 6 - 8 small sandwiches | Cooking time: 15 mins

Ingredients
• 8 slices of white bread
• 15g unsalted butter
• 150g cheddar cheese, cut into pieces and chopped in the Braun Multiquick chopper
• 4 tomatoes, sliced
• 2 medium eggs
• 2 tbsps olive oil

Preparation
Preheat oven to 180°C. Lightly butter the bread, remove the crusts, and cover 4 slices with the chopped cheese and the tomato slices. Place the other four slices of bread on top to make sandwiches. Whisk the eggs, heat the oil in a large frying pan and coat two of the sandwiches in the egg mixture. Fry in the oil for 30-40 seconds each side until bread is golden brown. Repeat with remaining 2 sandwiches.
Blackcurrant ice lollies
Key: V DF F | Makes approx. 10 lollies | Cooking time: 10 mins plus freezing time

Ingredients
• 150g blackcurrants
• 75g caster sugar
• grated zest and juice of 1 unwaxed lemon
• 300ml water

Preparation
Place the fruit, sugar, lemon juice and zest in a pan with 50ml of the water and stir until sugar is dissolved. Bring to the boil and simmer gently for 5 mins. Allow to cool, then pour the mixture into the beaker and purée with the Braun Multiquick hand processor into a smooth mixture. Stir in the remaining water then use a jug to pour into 50ml lolly moulds and freeze until solid (approx 3 hours).

Nut Bars
Key: V M | Makes approx. 20 small bars

Ingredients
• 250g whole oats
• 125g plain flour
• 1/2 Tsp bicarbonate of soda
• 175g butter
• 75g any nuts, chopped very finely
• 80g runny honey
• 200g jam

Preparation
Preheat oven to 180°C. Place oats, flour, bicarbonate of soda, butter, nuts and honey into the beaker (in several batches if necessary) and pulse with the Braun Multiquick hand processor until all ingredients are in small pieces and well combined. Spoon about three quarters of the mixture a greased 30 x 20cm baking tray and press down well with the back of a spoon. Spread the jam over the top in an even layer then crumble the remaining oat mixture over the jam, give it a final press and bake for 30 mins. Remove from the oven, allow to cool for 1 hour before cutting into bars and serving.
**Strawberry jam biscuits**  
Key: V DF | Makes approx 30 biscuits  
Cooking time: approx 45 mins prep plus 2 hours resting time

**Ingredients**
- 100g butter
- 100g whole finely almonds
- 130g castor sugar
- 150g plain flour
- 2 eggs
- 1 teaspoon baking powder
- 200g strawberry jam

**Preparation**
Chop the almonds and butter with the Braun Multiquick chopper then mix both with the icing sugar, eggs, flour and baking powder and rest the dough in a cool place for 2 hours. Next, roll out the dough until it is about 3cm in thickness on a floured surface and cut out biscuits using a round cutter. Place all the biscuits on a greased baking tray. Cook at 150°C for 15 mins, remove from the oven, and leave to cool on a wire cooling tray. When cooled, place a teaspoon of strawberry jam in the middle of each biscuit, then place a biscuit on top. Dust with a little icing sugar and serve.

**Vegetable cobbler with pearl barley**  
Key: V F M | Portions: 4-6 | Makes approx. 750g

**Ingredients**
- 50g onion, quartered and chopped in Braun Multiquick chopper attachment
- 80g carrot, diced
- 1 small swede, chopped
- 80g leeks
- 100g pearl barley
- 500ml unsalted stock
- 225g self raising flour
- 50g butter
- 50g cheese
- 150ml milk

**Preparation**
Cook the vegetables in an oiled pan for 2-3 mins, stirring constantly then add the pearl barley and stock and simmer for 45 mins-1 hour or until the pearl barley becomes soft. Meanwhile, make the cobbler topping by sifting the flour into a bowl and rubbing in the butter, until the mixture resembles fine breadcrumbs. Stir in the cheese and add enough milk to create a soft dough. Roll out the dough on a floured worktop and cut out 10 shapes. Place the cooked vegetable and pearl barley mix into an ovenproof dish and arrange the dough shapes around the edge of the dish. Bake in the preheated oven for 45 mins, until the dough is golden.
Banoffee ice cream (for special occasions only!)
Key: V F M | Portions: 8 | Makes approx. 750ml
Cooking time: 10 mins (plus 6 hours freezing time)

Ingredients
• 150ml full fat milk
• 125g caster sugar
• 300g full-fat cream cheese
• 3 ripe bananas, chopped
• 100g honeycomb

Preparation
Put all the ingredients – except the honeycomb – into the beaker and blend until smooth using the Braun MultiQuick hand processor. Crush the honeycomb. Tip cream mixture into a freezer-proof bowl, add honeycomb, stir, cover and freeze for at least 6 hours (or use an ice-cream maker). Allow to soften at room temperature for 5 mins before serving.

Beef tacos
Portions: 12 | Makes approx. 1 kg of taco filling | Cooking time: 45 mins

Ingredients
• 1 tbsp olive oil
• 50g onion quartered and chopped finely using your Braun MultiQuick chopper attachment
• 300g lean beef or lamb mince
• 2 tbsp tomato purée
• 400g tin chopped tomatoes
• 1 tsp mixed herbs
• 400g tin red kidney beans, drained
• 12 Taco shells
• 1 cup grated cheese

Preparation
Heat the oil in a frying pan, and sauté the onion gently until tender. Add the mince, and fry until fully browned. Stir in tomato purée, chopped tomatoes and herbs. Bring to the boil and simmer gently for 30 mins until reduced and thick, but still moist. Add baked beans to the cooked mince and pulse with your Braun MultiQuick hand processor for 10 seconds before filling warmed taco shells. Sprinkle with grated cheese before serving with salad.
Turkey sausage rolls
Makes approx. 15 rolls | Cooking time: 30 mins

Ingredients
- 250g turkey breast meat
- 2 tbsp tomato purée
- ½ tbsp ricotta cheese
- 1 clove of garlic
- pinch of mixed herbs
- 1 small onion
- 2 sheets ready made puff pastry

Preparation
Preheat oven to 200°C. In several batches, place all ingredients except the pastry in your beaker and blend together using the Braun Multiquick hand processor to form a thick paste. Spoon paste across the top edge of one pastry sheet, about 2.5cm high and 2.5cm wide. Roll edge of pastry over to form a tube then cut off remaining pastry. Repeat with remaining pastry sheet until you have several long pastry tubes containing the turkey paste. Ensure the edge of each tube is sealed and slice into small rolls, about 3-4cm long. Brush with beaten egg or milk and cook in the over on a baking tray for about 20 mins.

Pea and bean hummus
Portions: 5-6 if served as a dip with crudités or breadsticks
Makes approx. 700g | Cooking time: 10 mins

Ingredients
- 300g frozen peas
- 300g broad beans
- 4 tbsp olive oil
- ½ garlic cloves, peeled
- zest of 2 lemons
- juice of 1 lemon
- 2 tbsp extra-virgin olive oil

Preparation
Place the peas and beans into a large pan of boiling water and cook for 3 mins, then drain, rinse thoroughly, tip into a bowl and allow to cool. Sauté the garlic gently over a low heat using the olive oil for 3 mins. Tip the oil and garlic into the bowl of peas and beans and blend thoroughly using your Braun Multiquick hand processor. Add the lemon juice and zest and pulse quickly before serving.
Ginger pancakes
Portions: 7-8 | Makes approx. 800g | Cooking time:

Ingredients

- 500g plain flour
- 2 tsp baking powder
- pinch ground cinnamon
- pinch freshly ground nutmeg
- 350ml whole milk
- 2 eggs, lightly beaten
- 75g unsalted butter, melted
- 3 tbsp crystallized ginger, puréed using your Braun Multiquick hand processor

Preparation
Sift the flour, baking powder, salt and spices into a large bowl. In another bowl, whisk together the milk, eggs, butter and ginger purée until blended. Make a well in the centre of the flour mixture, add the milk/egg/butter/ginger mix and fold together gently until there are no lumps of flour. Add milk to thin batter if required. Pour entire mix into a measuring jug. Heat a large, flat frying pan and coat with a little melted butter. Pour about 60ml of batter into the frying pan at a time and cook for 1 - 2 mins before flipping and cooking the other side for a further minute. Continue until all the batter mix is used up. Serve with chopped fruit.

Banana, apple and oatmeal smoothie
Portions: 3-4 | Makes approx. 500ml | Cooking time: < 5 mins

Ingredients

- 150ml low fat vanilla yogurt
- 1 banana, chopped
- 2 tbsp oats
- 1 apple, peeled, cored and chopped
- pinch of ground cinnamon

Preparation
Add all ingredients except the water to your beaker and blend using your Braun Multiquick hand processor, adding water a little water until a smooth consistency is achieved. Serve chilled.

Redcurrant and raspberry juice
Portions: 3-4 (serve 2 or 3 teaspoons with breakfast cereal or porridge)
Makes approx. 500ml | Cooking time: < 5 mins

Ingredients

- 50g caster sugar
- 400g raspberries
- 125g frozen redcurrants
- Juice of 1 lemon

Preparation
Blend together all ingredients using your Braun Multiquick hand processor. Chill before serving as an occasional sweet treat. For adults, add a few drops of this to a glass of cava, prosecco or even champagne for a fruity twist on special occasions.
**Pesto**
Portions: 6-8 (served with cooked pasta) | Makes approx. 600g | Cooking time: 10 mins

**Ingredients**
- 500g spinach, lightly steamed e.g. in your Braun Food Steamer
- handful of fresh basil leaves
- 60ml extra-virgin olive oil
- 1 large tomato
- 50g grated parmesan
- ½ clove garlic
- ½ cup toasted pine nuts

**Preparation**
Blend together spinach, basil, oil, tomatoes, parmesan, garlic and pine nuts using your Braun Multiquick hand processor. Serve with cooked pasta.
Pesto is a great ‘staple’ food to keep in the fridge for quick suppers. To serve to adults, make a batch with a little more garlic.

**Baby meatloaf**
Portions: 5-6 | Makes approx. 400g | Cooking time: 60 mins

**Ingredients**
- 150g minced beef
- 60g milk or water
- 1 egg
- 2 tbsp tomato ketchup
- pinch of oregano
- pinch of dried parsley
- 120g stale bread (made into crumbs using your Braun Multiquick hand processor)
- ½ small onion, chopped

**Preparation**
Preheat oven to 180°C. Mix together the minced beef, egg and milk in a large bowl. Stir well. Add the ketchup, herbs, breadcrumbs and onions. Mix thoroughly to combine, using your hands. Place mixture in a small loaf tin and bake at 180°C for 50 mins to 1 hour. Allow to cool before slicing and serving with small pieces of roasted potato and carrot.

**Creamy fruit ice lollies**
Portions: 4 lollies | Makes approx. 400ml | Cooking time: < 5 mins (+ min 5 hours freezing time)

**Ingredients**
- 250ml water
- 125ml whipping cream
- 1 peach, peeled and diced

**Preparation**
Purée the peach using your Braun Multiquick hand processor in a large jug. Add the water and cream. Purée again until the mixture is smooth, then pour into 4 125ml lolly moulds and freeze for at least 5 hours before serving.
**Mango fruit shake**  
Portions: 2-3 | Makes approx. 350ml | Cooking time: < 5 mins

**Ingredients**  
- 1 whole mango, peeled and chopped  
- 125g plain yoghurt.  
- 50g whole milk

**Preparation**  
Blend all ingredients thoroughly with your Braun Multiquick hand processor. Chill before serving.

**Dried fruit purée**  
Portions: 4-6 (served as 2-3 teaspoons with breakfast cereal or porridge)  
Makes approx. 200g | Cooking time: < 5 mins (after fruits have been soaked)

**Ingredients**  
- 4 prunes (pitted)  
- 4 dried apricots  
- 2 tbsp cottage cheese  
- Milk to dilute

**Preparation**  
Cover the prunes and apricots with warm water and soak for 4-5 hours (or preferably overnight). Then drain and add to the cottage cheese in a bowl. Blend thoroughly with your Braun Multiquick hand processor, dilute with a little milk if necessary and chill before serving.

**Pumpkin fruit mash**  
Portions: 5-6 | Makes approx. 750g | Cooking time: < 5 mins

**Ingredients**  
- 250g cooked pumpkin  
- 2 bananas  
- 175g cooked apples  
- 175g cooked oatmeal

**Preparation**  
Blend together all ingredients in a large bowl using your Braun Multiquick hand processor. Chill before serving.

**Superfruit smoothie**  
Portions: 4-5 | Makes approx. 600ml | Cooking time: < 5 mins

**Ingredients**  
- 1/2 banana  
- 250ml whole milk  
- 250g frozen berries  
- 1 tsp wheat germ  
- Drop of vanilla essence

**Preparation**  
Place all ingredients in a large bowl and blend until smooth with your Braun Multiquick hand processor. Chill before serving.