

NANNY ASH COOKS

ASHLEY CAMPION TICKLES SEASONAL
TASTEBUDS, FOR TEENY WEENIES
AND TINY BOPPERS



I love sweet potato, as most little ones seem to, which is why I have made it the star ingredient in these quick and simple recipes.

Sweet potato is not only full of vitamins and minerals but it enables you to create a sweet treat without having to make use of refined sugar. Have a delicious Christmas!

For more foodie tips from Ashley Campion you can visit mybaba.com.

Teeny Weeny

6-8 MONTHS

CHRISTMAS CRUNCH

Ingredients

- 1 cup sweet potato
- 1 cup plain flour
- 1 cup Infant Oats (you can also use baby cereal)
- 1 tsp of cinnamon

Method

- 1 Place all the ingredients into a bowl and mix until you have a firm dough. You may need to add a few drops of water to achieve this
- 2 Roll out to 1cm thick and cut into desired fun shapes
- 3 Line a tray with baking parchment, lay out the biscuits and bake in a pre-heated oven at 180°C for 20 minutes or until golden brown



TOP TIP

A thick biscuit and simple shape will help keep baby from breaking pieces off as they teethe. Be sure to always supervise your baby



CHEESE SAUCE

Ingredients

- 30g butter
- 2 tbsp of plain flour
- ½ pint of whole milk (heated)
- 100g mild cheddar

Method

- 1 Melt the butter over a low heat
- 2 Stir in the flour till smooth
- 3 Add the hot milk a little at a time and make sure you keep whisking
- 4 Add the cheese and continue to whisk until you have a creamy cheese sauce

Tiny Bopper

12-24 MONTHS

YULE ROLL-OVERS

Ingredients

- 1 cup sweet potato (roughly mashed)
- 1 cup boiled potato (roughly mashed)
- 1 cup, finely chopped, cooked turkey
- ½ cup flour
- 2 small eggs, or one large
- 1 cup bread crumbs

Method

- 1 Mix all the mash, and the turkey, in a large bowl, the mixture needs to be quite sticky
- 2 Shape into long sausage shapes – they should be no thicker than your thumb
- 3 Whisk the eggs together to make an egg wash
- 4 Coat the roll-overs in the flour so that they are thinly coated. Then roll them in the egg wash. Finally roll them in breadcrumbs. Place on a tray lined with greaseproof paper
- 5 Bake at 190°C for 20 to 30 minutes, turning regularly until crisp and golden

TOP TIP

Perfect with a cheese sauce

TOP TIP

Most babies prefer sweeter tastes, but it's important to offer savoury foods first to help encourage a well-rounded palate



Itsy Bitsy

8-12 MONTHS

FESTIVE MASH

Ingredients

- 1 sweet potato
- 2 carrots
- 1 tbsp apple purée/apple sauce
- 3 sprigs rosemary

Method

- 1 Peel the carrots and sweet potato, cut them into one-inch cubes

- 2 Place in a roasting tin along with sprigs of rosemary
- 3 Then put into a pre-heated oven for 40 minutes at 190°C or until soft
- 4 Remove the sprigs of rosemary and whoosh everything up with a blender until smooth, stir in the apple purée

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