



MINI EARLY YEARS RECIPE BOOK

5 SIMPLE RECIPES FOR TINY HANDS
AND GROWING APPETITES



NO STRESS, NO FANCY PREP
JUST QUICK, NOURISHING RECIPES FOR
TINY HANDS

TINY HANDS BIG ADVENTURES

INTRODUCTION

Welcome to **Tiny Hands Big Adventures**.

I started **Tiny Hands Big Adventures** because I know first-hand that parenting in the early years can feel overwhelming. We're told that parenting and all that it brings should come naturally...
but the truth is, it doesn't always.

And that's ok!

Tiny Hands Big Adventures is here to give you simple, trustworthy support through those first five years. Whether it's play ideas, messy moments, or navigating weaning and more, everything I share is designed to take the pressure off.

This mini recipe book is a little taste of that.

Just five easy, everyday recipes you can make without stress. They're toddler-friendly, adaptable, and realistic for busy family life.

Because at the end of the day, it's not about gourmet meals, it's about finding small ways to make things just that bit easier...
even on the hard days.

I'm so glad you're here. Let's make those tiny hands' adventures a little easier and those tummies filled with love!

With love,

Amanda
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A LITTLE NOTE BEFORE YOU GET STARTED IN THE KITCHEN

The recipes in this guide are designed with little ones in mind, but every child develops at their own pace. Please make sure your child is developmentally ready for the foods and textures included before you give anything a go.

Always prepare food in age-appropriate sizes and shapes. What's safe for a two year old isn't always safe for a seven month old.

If you're ever unsure, your health visitor is the best first port of call.

This guide is not a substitute for professional medical or dietary advice. If your child has any allergies, intolerances, or additional needs around eating, please seek guidance from a healthcare professional before introducing new foods.

And remember... Please stay close and supervise mealtimes. Always.

For advice on weaning head to the NHS for advice

<https://www.nhs.uk/best-start-in-life/baby/weaning/>

BANANA & AVOCADO MINI MUFFINS

Ingredients (makes 10-12 mini muffins):

- 1 ripe banana
- ½ ripe avocado
- 1 egg
- 100ml milk
- 120g plain flour
- 1 tsp baking powder
- A pinch of cinnamon (optional)

Method:

1. Mash the banana and avocado until smooth.
2. Whisk in the egg and milk.
3. Add the flour, baking powder and cinnamon. Mix gently.
4. Spoon into silicone or paper cases.
5. Bake at 180°C (160°C fan) for 15 minutes.

Why this works:

Soft, moist, and naturally sweet... perfect for little hands.

Storage tip:

Freeze in batches. Defrost at room temp or microwave for 15 seconds.

MINI VEGGIE FRITTERS

Ingredients (makes 6-8 small fritters):

- 1 small carrot, grated
- ½ courgette, grated and squeezed dry
- 1 egg
- 3 tbsp plain flour
- Olive oil for frying

Method:

1. Mix grated carrot, courgette, egg and flour.
2. Heat a little oil in a pan.
3. Drop spoonfuls into the pan and flatten slightly.
4. Cook 2-3 minutes each side until golden and soft inside.

Why this works:

Veggies in a toddler-friendly format. Easy to hold, soft to chew.

Storage tip:

Keep in the fridge 2 days. Best eaten warm.

CREAMY AVOCADO PASTA

Ingredients (serves 1 toddler):

- ½ avocado
- 1 tbsp cream cheese or natural yoghurt
- A splash of milk
- Small handful of pasta

Method:

1. Cook pasta until soft.
2. Blend avocado, cream cheese and milk into a smooth sauce.
3. Stir through warm pasta and serve.

Why this works:

Creamy, mild flavour, full of healthy fats.

Storage tip:

Best fresh. You can store the sauce in the fridge for 24 hours.

SWEET POTATO & LENTIL MASH

Ingredients (makes 2-3 portions):

- 1 medium sweet potato, peeled and chopped
- 50g red lentils
- 200ml water

Method:

1. Simmer sweet potato and lentils in water until soft (around 15 mins).
2. Mash together until smooth or leave slightly chunky.

Why this works:

Iron-rich, filling, and naturally sweet.

Storage tip:

Freeze in little tubs... great to defrost on busy days.

BANANA OAT PANCAKES

Ingredients (makes 6-8 mini pancakes):

- 1 ripe banana
- 1 egg
- 40g oats
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Method:

1. Mash banana, add egg and oats. Mix well.
2. Heat a non-stick pan. Spoon in small pancakes.
3. Cook 2-3 minutes each side until golden.

Why this works:

Soft texture, easy finger food, filling and quick.

Storage tip:

Store 2 days in fridge or freeze for up to a month.

BEFORE YOU GO

Food with little ones is messy.

It's trial and error. And it can feel overwhelming at times. But these recipes are here to remind you it doesn't have to be complicated.

Whether you're at the very start of weaning or just looking for quick, toddler-friendly meals, these ideas are made to fit real life. They're soft, simple, and easy to adapt as your child grows.

The most important thing? Connection over perfection. Sitting together, letting your child explore, and remembering that every little bite is part of their learning.

If you try any of these, I'd love to hear how you get on. You can find more simple food ideas and everyday support over on my socials:

& [Tiny Hands Big Adventures](#)... Helping Parents Navigate the Early Years