



Little Plates, Big Bites

**5 EASY MEALS FOR
BUSY PARENTS**



Simple, nutritious recipes to help
your little one explore food.



**NOURISHING LITTLE APPETITES
ONE BITE AT A TIME**

Welcome

Thank you for downloading this free ebook!

As a busy mom, I know how overwhelming it can feel to figure out what to feed your little one. You want meals that are simple, nourishing, and actually realistic for your day-to-day life. That's exactly why I created this e-book.

Inside, you'll find five easy recipes with familiar ingredients, a grocery checklist, and a few little reminders to make mealtime feel less stressful. These are meals made for real life - one simple plate at a time.

Full version with 100 recipes available! —>

Let's make mealtime a little easier
(and a lot more fun)

I'M SO HAPPY YOU'RE HERE!



Mommy & Me!



@LittlePlates.BigBites

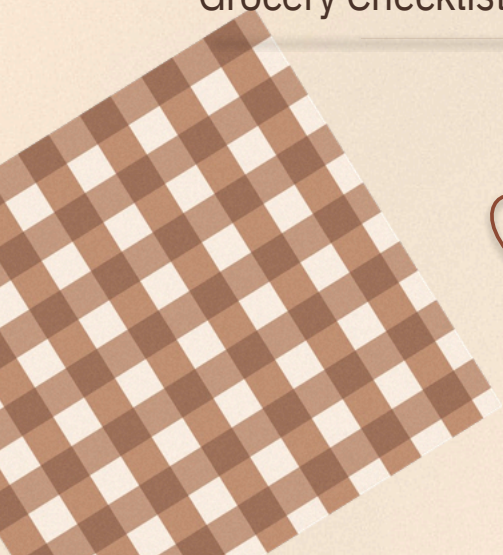




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*Good food helps little people
do big things*



Feeding Basics & Safety Tips

**A FEW IMPORTANT THINGS TO KEEP IN MIND
AS YOUR LITTLE ONE EXPLORES NEW FOODS.**

1

OFFER AGE-APPROPRIATE TEXTURES

Start with soft foods and adapt shapes and sizes to your baby's chewing and grasping skills.

2

INTRODUCE ALLERGENS THOUGHTFULLY

Allergens generally do not need to be delayed. Introduce them in safe forms; ask your clinician if your baby is at higher risk.

3

ALWAYS SUPERVISE

Keep your child seated upright and stay right there for the entire meal.

4

AVOID CHOKING HAZARDS

Modify hard, round, sticky or tough foods. Avoid whole nuts, popcorn, and other high-risk shapes.

5

KEEP MEALTIMES SIMPLE

No honey before 12 months. Let baby explore at their own pace and continue breast milk or formula.





Recipe 1:

Banana Oat Pancakes

SOFT, FLUFFY & PERFECT FOR LITTLE HANDS



Ingredients:

- 1 ripe banana
- 1 large egg
- 1/3 cup oat flour or finely ground oats
- Water, as needed
- A little oil for the pan

Instructions:

1. Mash banana; whisk in egg.
2. Stir in oat flour to make a thick, smooth batter.
3. Cook small pancakes over medium-low heat until fully set on both sides.
4. Cool; offer in soft, manageable pieces.

TIP

Make a bigger batch and freeze extras. Egg is an allergen; cook pancakes fully.





Recipe 2:

Veggie Egg Muffins

A QUICK, NUTRITIOUS MEAL PACKED WITH GOODNESS



Ingredients:

- 3 eggs
- 2 tbsp milk or water
- 1/4 cup finely chopped cooked spinach
- 1/4 cup soft-cooked diced carrots
- 2 tbsp shredded zucchini
- 1 tbsp grated cheese (optional)

Instructions:

1. Preheat oven to 350°F (175°C).
2. Whisk eggs and liquid in a bowl.
3. Stir in soft vegetables and cheese.
4. Pour into an oiled mini muffin pan.
5. Bake until centers are fully set (160°F); cool.

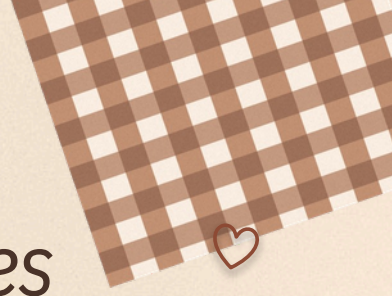
TIP Refrigerate promptly. For babies, cut to soft shapes matched to their skills.





Recipe 3:

Chicken & Veggie Rice Bites



A TASTY, BITE-SIZED MEAL FOR LITTLE EXPLORERS



Ingredients:

- 1 cup cooked rice
- 1/2 cup fully cooked shredded chicken
- 1/3 cup soft chopped vegetables
- 1 egg
- 1 tbsp plain yogurt (optional)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients well.
3. Shape into small flat patties.
4. Bake about 12–15 min, until set and heated through.
5. Let cool and break into soft pieces.



TIP Offer flat, soft patties rather than firm round balls. Chill cooked rice promptly.





Recipe 4:

Sweet Potato & Black Bean Bites



KID-APPROVED, NUTRIENT-PACKED & EASY TO MAKE



Ingredients:

- 1 cup cooked mashed sweet potato
- 1/2 cup well-mashed no-salt black beans
- 3 tbsp finely ground oats
- 1 tsp olive oil
- Cumin (optional)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix everything into a soft mixture.
3. Make thin patties; add oats if needed.
4. Bake around 15–18 min until set.
5. Cool and offer soft pieces.

TIP

Mash beans thoroughly; the finished bites should squish easily between your fingers.





Recipe 5:

Creamy Mac & Cheese

A CLASSIC, BABY-FRIENDLY FAVORITE



Ingredients:

- 1 cup small pasta, very soft
- 1/4 cup mild shredded cheddar
- 2 tbsp plain Greek yogurt
- 2–3 tbsp warm pasta water
- Soft cooked broccoli (optional)

Instructions:

1. Cook pasta until very soft.
2. Turn off heat; mix in cheese and yogurt.
3. Add pasta water until creamy and moist.
4. Stir in soft broccoli if using.
5. Let cool and offer safe-sized pieces.

TIP Contains dairy and usually wheat. Avoid extra salt and make sure pasta is soft.





Grocery Checklist



A HELPFUL LIST TO MAKE MEAL PREP EASIER!

- | | |
|--|--|
| ☐ Bananas | ☐ Chicken |
| ☐ Eggs | ☐ Rice |
| ☐ Oat flour / rolled oats | ☐ Sweet potatoes |
| ☐ Milk (optional) | ☐ Black beans (no salt) |
| ☐ Spinach | ☐ Broccoli |
| ☐ Carrots | ☐ Small pasta |
| ☐ Zucchini | ☐ Greek yogurt |
| ☐ Cheese | ☐ Neutral or olive oil |

Thank you!



I hope these recipes make mealtime a little easier and a lot more joyful for you and your little one. Remember, you're doing an amazing job, even when the smallest bites make a big difference!

Here's to happy, healthy little eaters!

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