

# MAM Recipe Collection



# MAM Recipe Collection

## Hip, hip puree

### Carrot-apple puree

**100 g carrots**  
**50 g apple**  
**3 Tbsp. water**  
**1 Tsp. canola oil**

Peel the apples and carrots, chop coarsely, cook in a little water until soft and puree. Allow to cool and add the oil.

### Squash-millet-puree

**100 g squash**  
**50 g zucchini**  
**3 Tbsp. water**  
**1 Tbsp. baby millet flakes**  
**3 Tbsp. apple juice**  
**1 Tsp. canola oil**

Peel squash and zucchini, coarsely chop and cook with a little water in a covered pot. Mix the baby millet flakes with the apple juice, add the soft vegetables and puree. Let cool to eating temperature and mix in the canola oil.

### Vegetable-beef puree

**150 g vegetables** (carrots, fennel, broccoli, cauliflower – in season)  
**30 g beef**  
**25 g (whole grain) rice**  
**1 Tsp. corn oil**

Wash and peel vegetables and cut into pieces. Mince or chop the beef into small cubes, cook in a little water with the vegetables until soft. Cook the rice in the meantime. Add the vegetable-beef mix to the rice and puree. Let cool to eating temperature and stir in the oil.



# MAM Recipe Collection

Eating together not only makes sense, it's more fun as well. The following three course meal is perfect for two adults and two children:

## Appetizer: Carrot-orange soup

**1 Tbsp. canola oil**  
**500 g carrots**  
**600 ml water**  
**1 vegetable soup cube**  
**5 Tbsp. coffee cream**  
(or more exotic with coconut milk)  
**Juice of 2 oranges**

Clean carrots, cut into small pieces and sauté in oil. Next, add the water and soup cube. Cook until the carrots are soft.

Add the coffee cream (or coconut milk) and puree. Add orange juice to taste before serving.

## Main course: Zucchini casserole

**600 g zucchini** (or squash)  
**300 g ground beef**  
**2 slices whole grain bread**  
**1 egg**  
**Salt, pepper, thyme, 100 g noodles** (uncooked)  
**100 g grated mozzarella**

### For the topping:

Mix 1 egg with ½ cup sour cream, salt, pepper and nutmeg.

Cook noodles in water with salt until al dente and drain. Wash and peel zucchini and cut into 1cm thick slices (Squash: peel, remove seeds and cut into 1 cm thick slices. Bring 1L of water with 1 tsp. salt and 1 Tbsp. vinegar to the boil, add the squash and cook so it is still firm.)

Preheat oven to 200° C.

Soak bread in warm water to soften and squeeze out excess water. Mix the egg and ground beef and season with a bit of salt, pepper and thyme. Grease a baking dish and line the bottom with noodles. Next, put down a layer of zucchini (or squash) and then spread the beef on top and sprinkle with cheese. Finish with the rest of the zucchini (or squash), add the topping and cook in the preheated oven for 50 minutes.

## Dessert: Strawberry-buttermilk gelatin

**500 ml buttermilk**  
**500 g strawberries**  
(or other fruits like apricots, peaches, blueberries)  
**10 sheets of gelatine**  
**30 g powdered sugar**  
**A bit of lemon juice**

Soak the gelatine. Wash the strawberries and puree in a mixer with sugar and lemon juice. Pour in buttermilk, mix well. Warm the gelatine in a pot over low heat and combine with the strawberry mix. Rinse small moulds with water and pour in the cream. Place in refrigerator for at least 3 hours to set firmly.

Let the cream out of the mould and onto the plate, garnish with strawberries.



# MAM Recipe Collection

## Soothing food for the baby belly

The word "gas" is usually high on parent's list of nutrition questions. So here are two wholesome puree recipes:

### Rice-fennel puree

**100 g Florence fennel**  
**50 g short-grain rice**  
**1 Tsp. corn oil**

Wash fennel, slice and cook in a small amount of water. Cook the rice in an amount of water double that of the rice. Mix the rice and fennel, puree finely and stir in the corn oil.

### Carrot-fennel-rice puree

**100 g carrots**  
**50 g short-grain rice**  
**1 bag of fennel tea**  
**1 tsp. olive oil**

Wash carrots and cut into small pieces. Cook in a little water until soft. Put the teabag in the water with the carrots.

Meanwhile, cook the rice in double the amount of water. Mix the rice and vegetables, puree and stir in the olive oil.



# MAM Recipe Collection

## The energy bomb: Zwieback-Tiramisu

**2 pcs. whole grain Zwieback**  
**100 g apricot sauce**  
(home-made or store-bought)  
**1 apricot**  
**Water**

### **Apricot sauce:**

Wash apricot, remove the stone, cook until soft in a little water and puree. Cut the apricot into small pieces and cook in a little bit of water.

Layer the zwieback and apricot sauce in a bowl (start with the zwieback and finish with the sauce) and put the cooked apricot pieces on top.

Allow to set in the fridge for at least 4 hours. Bring to room temperature before serving.

## The feel-good snack: Blueberry-apple- sesame puree

**50 g Blueberries**  
(fresh or frozen)  
**50 g apple**  
(peeled, without seeds)  
**1 Tbsp. tahini**

Puree the blueberries together with the tahini.  
Grate the apples and mix with the blueberry puree.

## The perfect baby dinner: Porridge

**200 ml water**  
**2 Tbsp. whole grain oats**  
**2 Tbsp. peach puree or juice**

Boil the water, stir in the oats and allow to soak.  
Then add the peach puree or juice and let cool to eating temperature.



# MAM Recipe Collection

## The quick dish: Plaice with couscous and zucchini

**30 g fillet of plaice**  
(frozen, thawed)  
**100 g zucchini**  
**2 Tbsp. couscous**  
**1 Tsp. canola oil**

Wash and dice zucchini. Cook the plaice and zucchini in a little water and break into smaller pieces with a fork. Bring water to the boil, remove from stove and stir in the couscous.

Allow to stand for 5 minutes. Stir the canola oil and the fish-zucchini mix with the couscous.

## The baby-classic: Porridge with pear

**100 ml water**  
**2 Tbsp. semolina or spelt wheat**  
**1 small pear**

Peel and dice the pear, cook in just a bit of water so it is still firm. Boil the water and stir in the wheat, cook over low heat until soft and mix with the diced pear. Let cool to room temperature.

## The vitamin-hit: Parsnip-apple puree with banana

**50 g apple**  
**30 g parsnips**  
**1/8 L water**  
**30 g Bananas**

Peel the parsnips and apple, cut into small pieces and cook in water until soft and puree. Mash the banana and mix with the cooled apple-parsnip puree.



# MAM Recipe Collection

## Creative drinks for cool babies

According to the latest finding, water should be the preferred drink for children. Herbals teas are not for regular drinking, but to be used only as needed.

### Currant tea cocktail

**1 tsp. lemon balm**  
**1 Tbsp. Hollyhock blossom**  
**4 Tbsp. currant juice**  
(100% juice)  
**500 ml water**

**Preparation:**

Pour ½ boiling water over leaves or flowers, let stand for 5 minutes, strain and allow to cool.  
Mix 125 ml of the prepared tea with currant juice.

### Apple-fennel-chamomile tea cocktail

**1 Tbsp. fennel seeds**  
**1 tsp. chamomile**  
**4 Tbsp. apple juice**  
(100% juice)  
**500 ml water**

**Preparation:**

Pour ½ L boiling water over seeds or flowers, let stand for 5 minutes, strain and allow to cool.  
Mix 125 ml prepared tea with apple juice.

