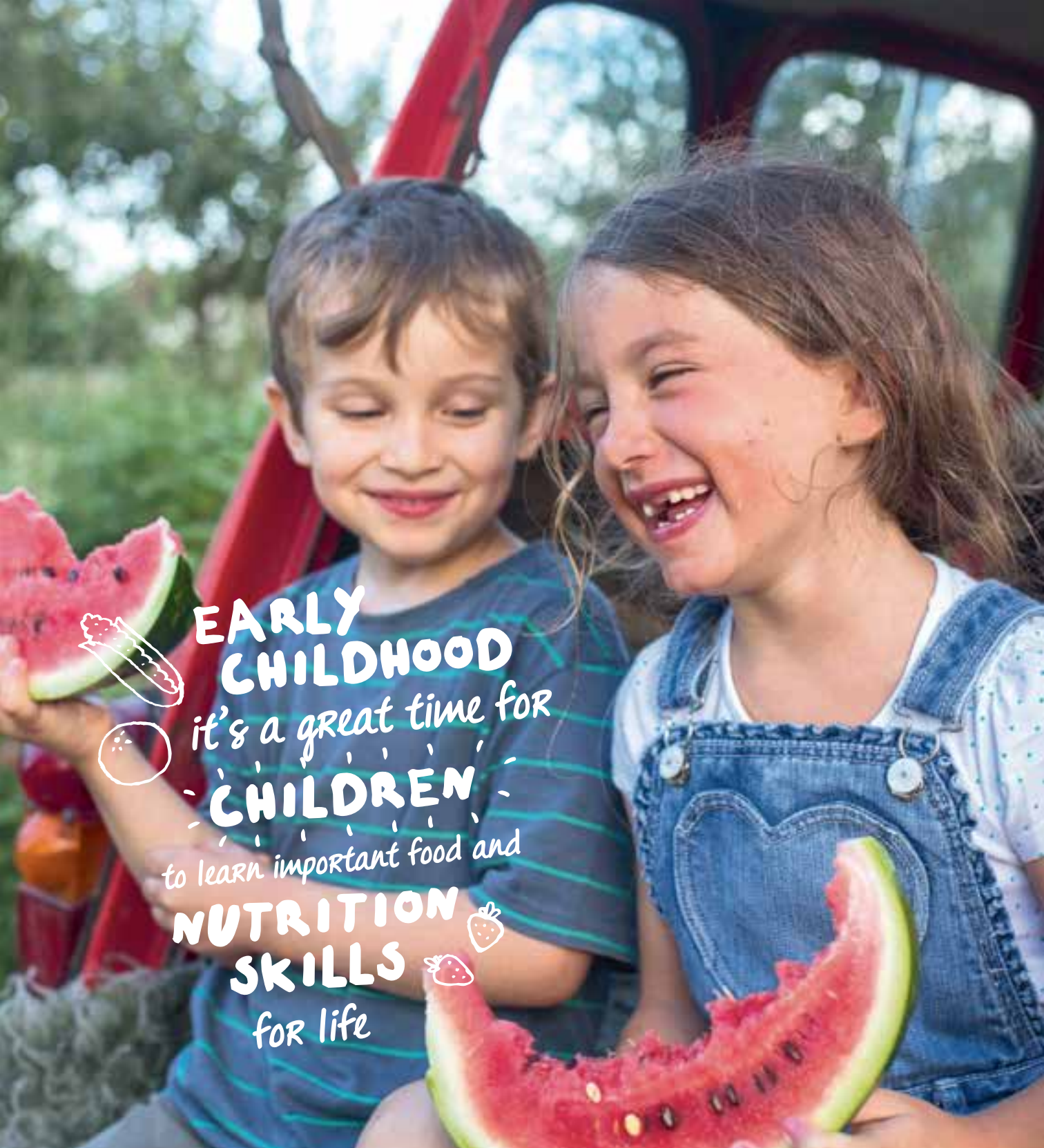


The background is a top-down view of a light-colored wooden table. In the top left is a plush rabbit toy. In the top right are three crayons (yellow, purple, green) and a small yellow bowl of blueberries. In the middle right are white flowers and a small wooden honey dipper. In the bottom right is a stack of pancakes on a blue plate with blueberries. In the bottom left is a bowl of strawberries. In the center is a glass of milk with a green dashed circle around it. The text 'TINY TUMMIES' is in large purple letters, and 'Food ideas for toddlers (even the fussy ones)' is in smaller purple letters below it. The A2 Milk Company logo is at the bottom center.

TINY TUMMIES

Food ideas for toddlers
(even the fussy ones)





 **EARLY
CHILDHOOD**

 it's a great time for

CHILDREN

to learn important food and

**NUTRITION
SKILLS** 

for life 

CONTENTS

| | | | |
|-----------|---|-----------|--|
| 04 | Getting started with toddler nutrition | 26 | Tommy the lentil soup |
| 06 | Puffy pikelets | 28 | Scrumptious pasta sauce |
| 08 | Sassy sago | 30 | Tuna beach balls |
| 08 | Summer oaty-oats | 32 | Crunchy fish fingers |
| 10 | Anytime scrambled eggs | 36 | Mini-hand burgers |
| 12 | Mighty mashed potato and terrific chunky tuna | 37 | Lovely lentil patties |
| 14 | Fruit serve sizes | 38 | Eating and mindfulness |
| 16 | Vegies and legumes serve sizes | 40 | Banana choc-pops and strawbelicious kisses |
| 18 | Grain serve sizes | 42 | Yummy yoghurt |
| 19 | Dairy serve sizes | 42 | Banana-rama shake |
| 20 | Meat serve sizes | 44 | Frosty fruit delight |
| 21 | Healthy fats | 46 | Olive oil and honey cookies |
| 22 | Sometimes foods | 48 | Creamy custard |
| 24 | Quick chick risoni soup | | |

the
TODDLER
YEARS provide
a wonderful
OPPORTUNITY
to expand your child's
DIET



GETTING STARTED WITH TODDLER NUTRITION

Parents and carers can help their little ones get started with healthy nutrition habits by giving access to a range of wholesome and healthy foods. If this sounds a bit overwhelming, you might get some food and serve size ideas from the following pages. We have developed these ideas based on the Australian Dietary Guidelines (2013)*.

Children are all so different and so are their eating behaviours. Your little one may offer some resistance when you start introducing new foods of different tastes and textures. Don't give up. Research shows that little ones may need exposure to new foods up to 20 or so times before acceptance. A child is also more likely to accept new foods when they are rested and not overly hungry, so don't expect too much when the little ones are tired and famished. Let's give our toddlers time and just keep working with them.

The power of food presentation and eating environment

A toddler may respond better the second, third or even thirteenth time they receive food, when it is presented in a readily available and accessible form, such as providing food already cut up. Little ones can also experience improved diet quality by sharing food with peers who enjoy eating a range of foods. You could also try sitting and sharing some of the same food.

Happy and healthy eating.

Healthy growth hint

We encourage regular growth and development checks by a child health professional. This gives a good indication about whether food intake is at a suitable overall level.



PUFFY PIKELETS

Ingredients

1 cup (150g) of self-raising flour (wholemeal flour also works well)
½ teaspoon of bicarbonate of soda
3 level scoops of a2 Platinum® Premium toddler milk drink
150ml of water
1 egg
1 tablespoon of golden syrup
1 lemon (zest only)



Preparation time
10 minutes



Cooking time
20 minutes



Makes
16 pikelets

Directions

Sift self-raising flour and bicarbonate of soda into a bowl.

In a separate bowl, whisk a2 Platinum® toddler milk drink powder and water until combined, then whisk in the egg, golden syrup and lemon zest.

Add the liquid mixture to the flour and combine until all lumps are smoothed out.

Heat a frypan over medium heat, with a little extra virgin olive oil to prevent pikelets sticking while cooking.

Drop a level tablespoonful of mixture for each pikelet into the frypan and cook until bubbles appear on the surface (approximately 2 minutes).

Using a spatula, carefully turn over and cook the other side of the pikelet until golden (approximately 1–2 minutes).

Transfer cooked pikelets to a plate and repeat with the remaining mixture.

Serve pikelets warm, at room temperature or cold. Pikelets can be served sweet with a sprinkle of icing sugar and a little Yummy Yoghurt (recipe on page 42), some stewed apple, sliced banana, blueberries or any other fruit your child likes. Pikelets also go well with a little goat or sheep cheese and sliced cherry tomatoes.



SASSY SAGO



Preparation time
5 minutes



Cooking time
10 minutes



Serves
Enough for mum
and toddler

Ingredients

¼ cup of sago (tapioca) pearls
2 scoops of a2 Platinum® Premium toddler milk drink
100ml of water
150ml of a2 Milk™ Full cream
1 teaspoon of brown sugar (optional)

To serve

A little brown sugar sprinkled over the top.
It melts so deliciously.

Directions

Place all ingredients into a medium sized saucepan and bring to a boil over medium heat. Once boiling, reduce heat to low and simmer, stirring frequently for approximately 10 minutes until the sago pearls become soft and translucent.

Remove the succulent sago from heat, cool a little and serve warm.

Cooking hint

Add some extra milk to loosen the sassy sago, as needed and desired.

Let your little one roll some sago pearls around in their hands, just for fun.

SUMMER OATY-OATS



Preparation time
10 minutes



Refrigeration time
Overnight



Serves
1-2 toddlers

Ingredients

½ cup of oats
200ml of a2 Milk™ Full cream
2 tablespoons of Yummy Yoghurt, recipe on page 42 (optional)
¼ cup of apple, grated finely
1 tablespoon sultanas (optional)

To serve

An extra tablespoon of yoghurt
Perhaps a little a2 Milk™ Full cream, as needed

Directions

Combine all ingredients in a small bowl, including sultanas if you like them and mix well. Cover and refrigerate overnight. When ready to serve, stir through the extra yoghurt, to loosen the oaty-oats and some extra milk, if you like.

Nutrition hint

Using sultanas and other fruit adds extra goodness and sweetness, without needing extra sugar.

Double or triple the quantities, to make more and share with the whole family: it really is good for everyone.



By 12 months of age 
LITTLE ONES
should be drinking from a **CUP**
Rather than a
bottle  

ANYTIME SCRAMBLED EGGS



Preparation time
5 minutes



Cooking time
around 3 minutes



Serves
2–3 toddlers

Ingredients

3 eggs
2 teaspoons of extra virgin
olive oil
2 tablespoons of a2 Milk™
Full cream
2 slices of bread for toasting

Cooking hint

For light and fluffy scrambled
eggs, cook over a low heat.
If the pan is too hot the eggs
will become a rubbery texture.

This fluffy and nutritious scrambled egg recipe is perfect for toddlers.
They are especially good for a quick lunch or dinner on the run.

Directions

Whisk the eggs and a2 Milk™ Full cream in a bowl until a uniform yellow
egg whip is achieved.

Heat 2 teaspoons of oil in a medium-sized frying pan on low heat.

Pour in the egg mixture gently and as the eggs start to form a skin in the
pan, start pulling in and folding over the sides of the setting eggs (around
35–45 seconds). If the eggs are cooking too quickly and browning, remove
from heat and continue folding the eggs.

When the eggs look soft and fluffy, remove the pan from the heat.
The temperature of the pan will continue to cook the eggs to perfection.
The whole process takes around 3 minutes.

Meanwhile, toast bread, add spread or drizzle with olive oil and cut into
narrow slices.

Vegetable inclusion hint

Sauté in olive oil a few
zucchini strips or mushroom
slices and serve in a small,
colourful bowl.



MIGHTY MASHED POTATO AND TERRIFIC CHUNKY TUNA



Preparation time
5 minutes



Cooking time
10 minutes



Serves
1 toddler

Ingredients

1 medium size potato,
peeled and cut in half
1 scoop of a2 Platinum®
Premium toddler milk drink
2 tablespoons a2 Milk™
Full cream, depending
on desired consistency
of mashed potatoes
1 teaspoon of extra
virgin olive oil

To serve

1 small can of tuna, in
springwater, drained

Directions

Place a small pot, half filled with water onto the stove and bring to a boil. Reduce heat, add the peeled potato and cook until soft. You can tell the potato is cooked when a fork inserts easily through the potato.

Once cooked, drain the potato using a sieve and put back into the warm cooking pot. Quickly add the a2 Platinum® toddler milk drink powder, a2 Milk™ Full cream and olive oil and using a fork or a potato masher, whip all ingredients together. Use more or less a2 Milk™ Full cream, depending on how soft you'd like the potatoes.

Place in a fun bowl for your toddler, with the canned tuna on the side and let your little one top the potatoes with the tuna (or not) and enjoy this delicious, quick meal.

Try boiling more whole potatoes, let them cool and then chop into a potato salad for later.

FRUIT

How much, how often?

Provide around 2 or 3 smaller serves of fruit over the day.

Fun food hint

Make fruit fun, like making snakes with cherry tomatoes or faces with melon pieces and berries, or even just slicing, grating or chopping sticks.

Food safety hint

Big fruit sizes should be cut for little people to minimise choking risk. Always supervise toddlers when eating.

Sensory food hint

Some kids love fruit frozen (like chopped strawberries and banana).

2 tablespoons of
canned fruit

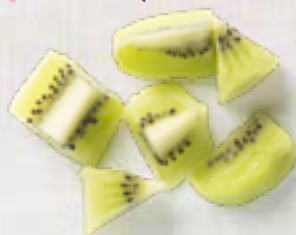


20 bubbly
blueberries



12 wriggly
raspberries

6 pieces of kickin'
kiwi fruit



4 pieces of
mellow mandarin



4 pieces of
astonishing avocado

Choose a
VARIETY
of different colours
to increase nutrient
DIVERSITY





6 juicy grapes,
halved



5 slices of a
perfect pear



2 teaspoons of
sunny sultanas or
other dried fruit



5 slices of nectarines
or other stone fruits



ENCOURAGE YOUR
TODDLER
to eat something from each
FOOD GROUP
ON EVERY OR
most days



8 cubes of rockin'
rockmelon or
happening honeydew

2 slices of wacky
watermelon



9 pieces of
mouthwatering
mango



6 slices of
beaming banana



3 chirpy cherry
tomatoes, quartered

1 tablespoon of
apple compote or
other stewed fruit



2 scrumptious
strawberries

VEGIES AND LEGUMES

How much, how often?

Provide around 5 smaller serves of different vegetables and/or legumes over the day.

Food safety hint

Big, hard vegetable pieces (e.g. carrots) should be cut and steamed to soften for little people. Always supervise toddlers when eating.

Nutrition tip

If you don't have fresh vegetables, frozen and canned are also good choices. Choose reduced or no added salt, fat or sugar varieties.



*1/4 cup of mashed
pumpkin, potato
or sweet potato*



*2 tablespoons of
lavish lentils*



*1/4 cup of cute
corn kernels*



*2 florets of catchy
cauliflower, halved*



*2 munchy
mushrooms*



*3 florets of
bright broccoli*



*7 pieces of
crisp capsicum*



*4 tablespoons
of grated zesty
zucchini*



6 slices of cool cucumber



1/4 cup of blusky beetroot (cooked to soften)



11 scrumptious snow peas



VEGETABLES

including legumes and beans are a rich source of NUTRIENTS

They are so good for growing bodies



1/2 medium-sized crunchy carrot (cooked to soften)

1/3 cup of fabulous frozen vegies



1/4 cup of perfect peas



4 torn pieces of leafy lettuce



2 tablespoons of lip-smacking legumes

GRAIN

How much, how often?

Provide around 4 smaller serves per day of grain foods, spread over the day.

Food acceptance tip

Try combining a few foods on your toddler's plate, including some things your child already eats but also adding a small amount of something new.

Nutrition advice

Grain foods give your child energy to grow, develop and learn. Choose mostly wholegrain varieties.



1 slice of witty wholegrain bread

1/2 cup of cooked rascally rice (brown or basmati)
1/6 cup uncooked rice



1/2 cup of cooked polite porridge
1/6 cup uncooked porridge



1 1/2 wholegrain biscuits or 2/3 cup wholegrain flakes



1/2 cup of cooked quaint quinoa or other cooked grains (barley, buckwheat, polenta or bulgar)
1/6 cup uncooked quinoa

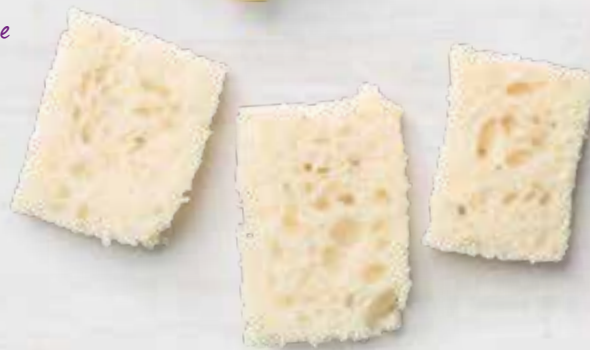


1/2 cup of cooked pukka pasta
around 7 uncooked rigatoni

1/2 cup of cooked nifty noodles
around 40g uncooked noodles



3 small pieces of sublime sourdough bread



DAIRY

How much, how often?

Provide around 2 to 3 serves per day of these calcium rich dairy foods or alternatives, equivalent to 250-375ml milk per day. This may be offered as smaller serves throughout the day, or combined in bigger serves (as your child pleases).

Lactose intolerance tip

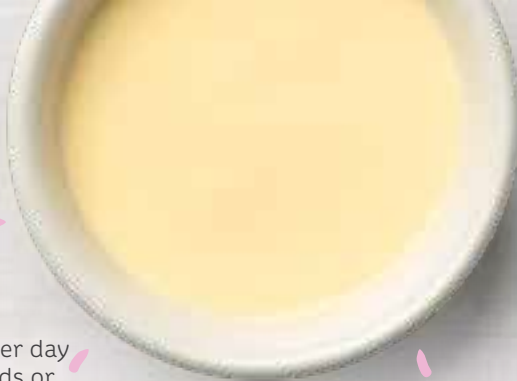
True lactose intolerance (called primary lactose intolerance) is very uncommon in toddlers. If your little one is showing signs/symptoms of lactose intolerance, this may be secondary to some other gut upset so consult your healthcare professional.

A2 beta-casein protein tip

Most regular cows' milk contains a combination of two main types of beta-casein protein, A1 and A2. a2 Milk™ is cows' milk that naturally contains only the A2 protein type and no A1.

Rather than regular cows' milk cheese, you could try goat or sheep feta, buffalo mozzarella, and swap out Parmesan for sheep milk Pecorino.

*Cereal based beverages, when used as a milk alternative, should be used under the guidance of a dietitian for children between 1-2 years of age.



1/2 cup of creamy
homemade custard



1/2 cup of magnificent milk
(a2 Milk™ Full cream does the trick)



20g hard
charming cheese



100g of yummy yoghurt
(try making your own with a2 Milk™)



1 heaped tablespoon of
gooey goats cheese



1/2 cup of homemade
radical rice pudding
or sassy sago

MEAT

How much, how often?

Provide around 2 smaller serves per day of these foods, or combine smaller serves to eat at once.

Vegetarian eating tip

Non-meat options such as legumes (e.g. kidney beans, chickpeas, lentils) provide many of the same nutrients as meat, poultry, fish and eggs. Legumes are good to eat with Vitamin C rich foods, for better iron absorption (e.g. legumes and tomatoes).

Nutrition tip

Larger legumes like chickpeas, kidney and butter beans make a great convenient snack. Legumes contain fibre, as well as other vitamins and minerals, so they can be counted as a vegetable too.

1 lovely lamb cutlet
(2 serves of meat)



1 epic egg



85g of terrific tofu



3 slices of
beautiful beef



3 pieces of
sophisticated sashimi



3 pieces of
cheeky chicken



HEALTHY FATS

How much, how often?

Provide around 2 small teaspoons per day of these healthy fats, spreads and oils.

Nutrition tip

Choose 100 percent nut and seed butters with no added salt or sugar.

2 teaspoons of tasty
tahini or other
nut/seed pastes



2 teaspoons of peckish
peanut butter or other
nut/seed butters



2 teaspoons of oozy olive oil
(use extra virgin)



HEALTHY
fats provide

NUTRIENTS

important for growth
and development and bring
out the **FLAVOUR**
IN FOOD



SOMETIMES FOODS



Let's teach our toddlers that things like chips, chocolates, lollies, cakes, muesli bars etc. are best called 'sometimes' foods.



It's best to avoid or limit drinking sweet things like fruit juice, cordial, sports & soft drinks, as they are high in sugar.



*Water is the best drink
for your child. Teach them
from an early age that
water is the best...*

*Sparkling natural
mineral water with a
squeeze of lemon juice
can make a great treat.
It works especially well
when a grown up is also
drinking it...*



A toddler's
TUMMY is small
Allow your 
toddlers
to eat smaller portions
more often

QUICK CHICK RISONI SOUP



Preparation time
5 minutes



Cooking time
10–15 minutes



Serves
2–3 toddlers

Ingredients

3 cups of water

2 raw chicken thighs,
chopped into small,
toddler size pieces

½ cup of risoni pasta
(you can also use
rice or barley)

½ cup of peas
(fresh or frozen)

To serve

Pecorino cheese, grated
(hard Italian cheese made
from sheep milk)

This chicken soup can be introduced to your toddler in its basic form. When your toddler is ready, add extra ingredients such as corn kernels.

Directions

Place the water into a medium saucepan and place on a high heat until the water is boiling.

Reduce heat to low and gently add the chicken meat. Allow to simmer around 3–5 minutes (for a quick chicken stock, just remove the chicken and use the remaining soup as stock).

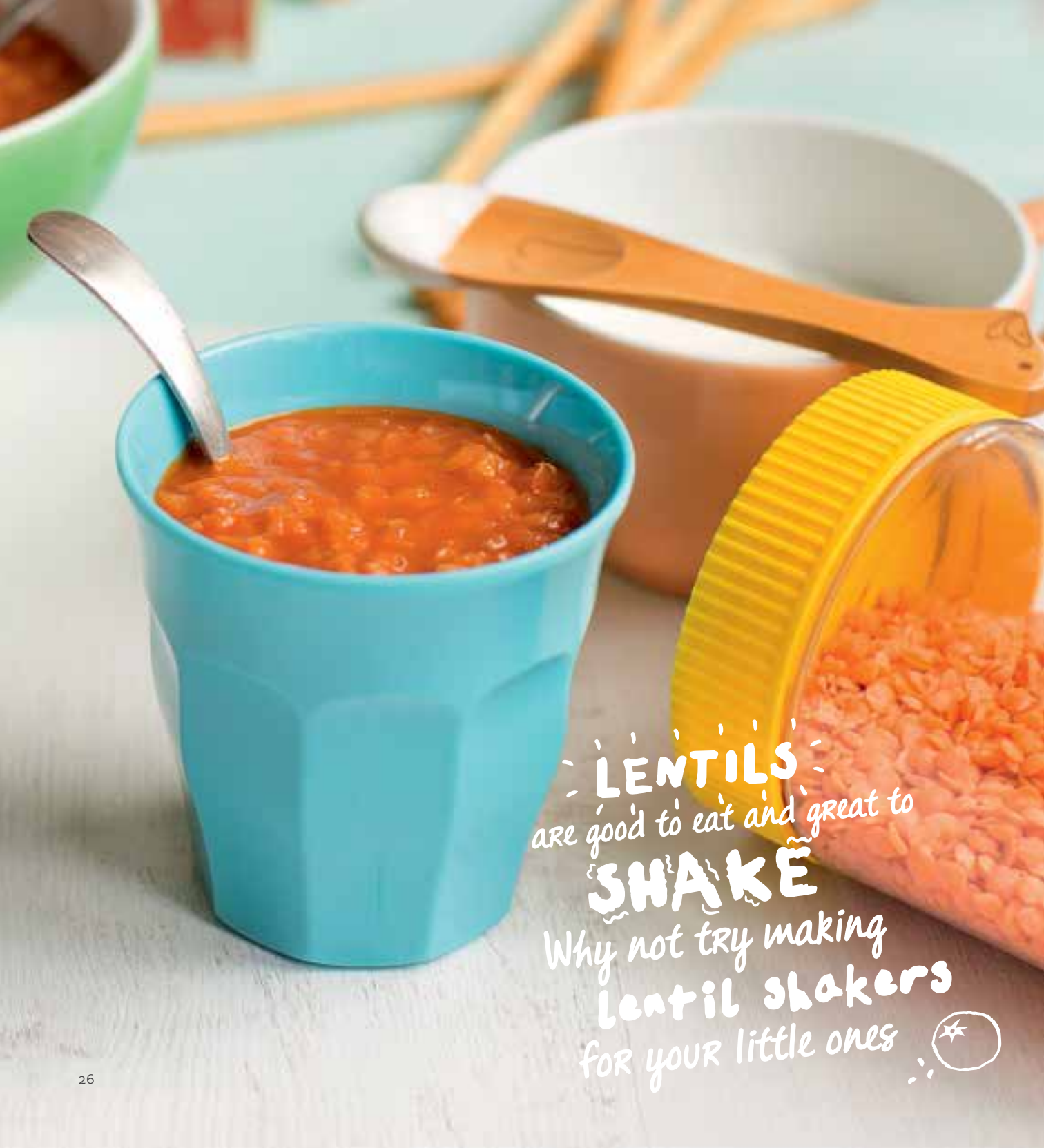
Add the risoni (or alternative) and continue simmering until the risoni is almost cooked. Taste test some risoni, because some like these softer. For softer risoni and a thicker soup, simmer the soup longer.

Once the risoni is nearly cooked, add the peas and simmer a further 2 or so minutes.

Cool before serving.

Food presentation hint

It can be fun dipping fresh or toasted bread into soup, so put some good quality bread on the side and let your toddler dip away.



LENTILS
are good to eat and great to
SHAKE
Why not try making
lentil shakers
for your little ones :*

TOMMY THE LENTIL SOUP



Preparation time
10 minutes



Cooking time
35 minutes



Serves
4 toddlers

Ingredients

100g of dried red lentils
1 tablespoon of extra virgin olive oil
1 small onion and ½ clove of garlic, finely diced or chopped in a food processor
½ cup of tomato passata (you can buy this in a bottle, or make your own)
½ cup of vegetable stock, low salt and premium quality
¾ cup of water

To serve

Juice of ½ lemon, to serve
Yummy Yoghurt (recipe on page 42)

Directions

Place the lentils in a medium-sized saucepan and cover well with water. Cook these over medium-high heat, until the water bubbles, stirring the lentils as you go. Scoop off the white fluffy stuff that rises to the top. Reduce the heat to low and simmer for 5–8 minutes, stirring the lentils here and there. When softened, drain the lentils.

Heat the oil in a medium-sized saucepan over a low heat. Add the onion and garlic mash and cook for 5–6 minutes, stirring as you go, until soft and golden. Add the tomato passata, vegetable stock and water and cook for around 20 minutes on a low heat, stirring the soup gently every few minutes. The Tommy the lentil soup mixture should still be soupy when cooked.

Add the drained lentils to the tomato mixture and cook for 6–8 minutes, or until a good thickness. Stir in the lemon juice.

Allow to cool. Scoop into serving dishes and using a teaspoon, create a smiling face using the yoghurt. For the grown up keen to share a bowl with their toddler, a little seasoning may be needed. Try adding your favourite herbs or spices.

Nutrition hint

Lentils are a good source of protein, minerals such as iron and also fibre.

Food acceptance hint

The textured feel of this soup may be challenging for some kiddies so work with them to accept this kind of chunky soup.



SCRUMPTIOUS PASTA SAUCE



Preparation time
45 minutes



Cooking time
90 minutes



Serves
14 toddlers

Ingredients

1 medium red onion
(finely diced or puréed
using a food processor)
2 garlic cloves
3 tablespoons of
extra virgin olive oil
500g of pork mince
500g of beef mince
2 tablespoons of tomato paste
3 tablespoons of fresh
parsley, washed and chopped
finely (or 3 teaspoons of
dried parsley or oregano)
2 x 700ml bottles
of tomato passata

To serve

Pasta of any kind, cooked
to instructions
Pecorino cheese, grated

Directions

In a blender, purée the onion and garlic until 'mushy' in consistency. In a large, heavy-based saucepan add the olive oil. Warm this gently over a low heat and then add the puréed onion and garlic. Cook for 7–8 minutes on a low heat, until translucent in colour.

Add the minced meat to the saucepan and allow to brown, stirring and separating the meat to allow it to cook evenly (around 20–25 minutes).

Add the tomato paste and allow to simmer for 3–4 minutes.

Add the parsley or oregano and gently stir into the sauce. Allow to simmer for approximately 3–4 minutes.

Slowly add the tomato passata, stirring while you pour. Keep the sauce on a low heat and simmer for around 90 minutes, stirring occasionally.

Remove the sauce from the heat and allow to cool before serving.

For toddlers, start with around 1/2 cup of sauce and 1/2 cup of cooked pasta (with a sprinkle of Pecorino cheese) but your toddler may want seconds...

Introducing new foods hint

Over time try introducing other vegies during the cooking process (e.g. sliced mushrooms). Adding extra vegetables to a bolognese sauce is a toddler-friendly way to include these foods.

Cooking hint

This recipe also works well with half the ingredients, if you want to make smaller amounts. Leftover sauce can be frozen.



TUNA BEACH BALLS



Preparation time

40 minutes including chilling time



Cooking time

10 minutes



Makes

10 tuna balls

Ingredients

1 medium potato, peeled
100g of canned tuna
(or thereabouts), drained
1 egg, beaten lightly
1 slice of day-old bakery
bread, dried and crumbed
(if unavailable, two slices
of packaged supermarket
bread will do)
Extra virgin olive oil,
to fry lightly

Coating

1 egg, beaten lightly into
a bowl
½–1 cup of breadcrumbs,
in a large bowl for coating
tuna balls

Directions

Cook potato in saucepan of simmering water until tender. Drain and mash.

Combine tuna, mashed potato and egg into a bowl.

Using both hands, rub the bread between your finger tips and thumbs to crumble finely into the mixture (otherwise, use a food processor) and combine all ingredients well.

Using clean hands, shape tablespoon portions into small balls, dip them into the beaten egg mix, then dip into breadcrumbs and toss/pat to coat. Place in the fridge for approximately 20 minutes to chill.

Heat oil in a frying pan over medium heat. Place balls into frying pan. Gently turn the balls when golden brown and repeat this process until the balls are cooked (approximately 2–3 minutes per turn).

Transfer balls to a plate lined with paper towel to drain.

*Tuna balls can be served warm or cold with some chickpea dip
(e.g. hummus) for dipping.*



 **FRESH**
FISH FINGERS
are so easy to make
and so good to **EAT**


CRUNCHY FISH FINGERS



Preparation time
5 minutes



Cooking time
10–15 minutes



Makes
15 approx.

Ingredients

2 flathead fish tails, cut
into smaller 'fingers'

½ cup of plain flour

2 eggs, lightly beaten

1 cup of breadcrumbs

¼ cup of pecorino cheese,
finely grated

A little extra virgin
olive oil, for frying

Directions

Using a separate bowl for each, place flour in one, beaten egg in another and combined breadcrumbs/pecorino cheese in the third.

One by one, coat lightly each flathead fish finger with the flour, next dip into the egg, then finish coating firmly with breadcrumb mixture.

Heat oil in a frying pan, over medium heat. Add fish fingers to pan and cook for around 2 minutes on each side, or until golden brown and crunchy. The fish fingers will need to be turned with a spatula. Once fish fingers are cooked, place on absorbent paper towel.

These are really good with peas and mashed potatoes.

fabulous
feta)

astounding
avocado)

(
tantalising
tomato sauce



yummy
burger buns

mini-hand
burgers

lovely lentil
patties

tasty tomatoes

MINI-HAND BURGERS



Preparation time
15 minutes



Cooking time
30 minutes



Makes
10 mini burgers

Ingredients

250g of beef or lamb mince

1 egg, lightly beaten

½ of an onion, finely
chopped or puréed

50g of sheep cheese,
grated (e.g. Pecorino)

A little extra virgin
olive oil, for frying

To serve

10 small brioche buns

Goat or sheep feta, cherry
tomatoes (sliced), sliced
avocado, a little red onion,
some lettuce leaves, cut
into smaller pieces and
a little tomato sauce

Mini burgers are great for cooking on a BBQ and serving at children's parties (the big kids will want them too!)

Directions

In a bowl, add mince, egg, onion and grated cheese.

With clean damp hands, mix thoroughly then form into 10 equal-sized patties. This is a great step to get the kids involved.

Using a frying pan, heat oil over medium heat. Add patties to pan and cook for 3 minutes on each side, or until golden brown and cooked through. Once patties are cooked, place on absorbent paper towel.

Slice the buns in half crosswise and either grill in the oven or toast lightly on the inside of the bun.

Place patty on a bun and top with feta cheese, tomato slices and lettuce.

Serve warm. Allow your little ones to build their own burgers and have some fun.

Time saving hint

Leftover patties can be frozen (to defrost, allow to thaw in the fridge and remove 30 minutes before cooking).

Nutrition hint

Meat is a good source of iron and zinc, minerals which are important during growth.

LOVELY LENTIL PATTIES



Preparation time

45 minutes, including chilling time



Cooking time

10 minutes



Makes

16 patties

Ingredients

½ cup of dried lentils

2 tablespoons of
extra virgin olive oil

1 brown onion, chopped
very finely or puréed

2 x 125g cans of chickpeas,
rinsed, drained

1 tablespoon of tahini

1 tablespoon of lemon juice

3 tablespoons of good
quality breadcrumbs

½ cup of breadcrumbs,
(or crushed cornflakes)
to coat patties

These make a nice substitute for the mini meat burgers.

Directions

In a medium saucepan of boiling water, reduce the heat to medium and cook lentils for 15 minutes until tender, scooping off the white fluffy stuff that rises to the top, then drain well.

In the meantime, heat 2 teaspoons of the oil in a medium-sized frying pan over medium heat. Add the onion and cook for 5 minutes or until the onion softens. Stir often.

In a food processor, whizz cooked lentils, cooked onion mixture, chickpeas, tahini and lemon juice until almost smooth. Stir in the breadcrumbs and combine well (you may need to add some extra breadcrumbs if the mixture is too sticky).

Place the breadcrumbs (or crushed cornflakes) on a plate. Shape tablespoons of lentil mixture into small patties and dip each patty into the breadcrumbs as you go, tossing and patting to coat. Place in the fridge for 30 minutes to chill.

Heat the remaining oil in a frying pan. Cook the patties in batches for 2–3 minutes each side, or until golden brown.

Refer to Mini burgers recipe for serving suggestion.



EATING AND MINDFULNESS

Never too young to start

Mindfulness is described simply as 'being in the present moment,' so that the roaming mind doesn't get distracted. This includes the ability to focus attention and concentration on one activity. It sounds simple, right?

Well, not always, especially for our little ones when everything is so new and there is so much to do.

Sometimes young brains can become overwhelmed by exposure to electronic devices, which can activate the part of the brain involved in generating stress responses (amygdala) and potentially hamper the development of the frontal lobe or executive functioning.

Children thrive on simple activities – drawing, picking strawberries, helping to prepare scones and biscuits, making a mess while eating spaghetti, a play or walk in the park, helping with gardening or learning to wash dishes by hand and even mopping the floor (hard to believe, we know). Mindful activities can also include focussing on 'little toes' and graduating to the 'tip of your nose'. Practising these activities with your children can help develop calm.

You may also help your child to become a mindful eater. You can help to focus your child on their food during meal and snack times by turning off the television, removing any smart phone or tablet distractions and perhaps by sitting with your toddler to eat.

Let's work towards teaching our toddlers to eat the food the family eats and to enjoy family meals. We can do this in a nurturing and mindful way.

Mindful eating hint

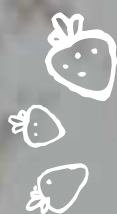
Ask questions about the colour of the food, about what the food feels and looks like, why or why not the food might taste a certain way. You could even try playing a game with such questions, such as pretending the banana is purple instead of yellow.

Did you know?

For children with social communication difficulties and attention and concentration difficulties, training in mindfulness activities can often be very helpful. Similarly such activities can assist with childhood anxiety. They are also useful skills for all children facing our busy modern world.

Pour any remaining
**choc-coco
sauce**

over some homemade ice cream
and watch the kids



- giggle -

as it hardens
before their eyes.



BANANA CHOC-POPS AND STRAWBELICIOUS KISSES



Preparation time
5 minutes



Cooking time
5 minutes



Makes
6 of each fruit

Ingredients

2 medium bananas
6 strawberries
2 tablespoons of coconut oil
2 tablespoons of cacao powder
1 scoop a2 Platinum®
Premium toddler milk drink
3 tablespoons of maple syrup

To compile these little gems

6 icy pole sticks
2 good quality paper straws,
each cut into 3 smaller straws
1 shallow, freezer proof
tray, lined with baking
paper and small enough
to fit your freezer

Directions

Peel and cut each banana into 3 even pieces. Carefully insert an icy pole stick into each and place on the lined tray. Next, wash each strawberry and using one cut piece of straw, push the straw firmly from the bottom most bit of the strawberry to the top leafy green bit, pushing the hull and leafy top out altogether. Do the same with the remaining strawberries and place on the lined tray with the banana pops. Put all into the freezer for around 1 hour.

Around 10 minutes before your frozen fruit is ready to use, gently melt the coconut oil in a small saucepan over a low heat. Once melted, remove from heat. Add the cacao and stir gently until combined, then add the a2 Platinum® toddler milk drink powder (no water is needed) and combine well. Add the maple syrup and stir gently until you have a syrupy chocolate sauce. Allow to cool and thicken a little (around 5-10 minutes). If not thickening at room temperature, place the chocolate sauce in the fridge for 5-10 minutes.

Remove the fruit from the freezer and quickly dip each piece into the chocolate sauce and coat well. You'll find the sauce hardens a little, as the fruit is already semi-frozen. Place the choc-coated fruit pieces on the tray and place immediately in the freezer until the chocolate sets to desired hardness (around 1 hour).

Before freezing the choc-coated fruit, roll some in finely chopped nuts, then freeze.

For frostier fruit pops and kisses, leave the fruit in the freezer overnight.



 **LITTLE ONES**
like to spoon small amounts
into their mouths
using a
TEASPOON

YUMMY YOGHURT



Preparation time
10 minutes



Cooking time
8-12 hours
fermentation, plus
1 hour refrigeration



Serves
10 toddlers

Ingredients

1 litre Full cream a2 Milk™ Premium instant milk powder, prepared following instructions on packet

1 dose yoghurt starter culture (purchase from health food stores or online, use amount as per directions)

Directions

To make your own yoghurt you will need an electric or thermos style yoghurt maker.

In a clean jug, prepare 1L of Full cream a2 Milk™ powder. Boiled water cooled to 35-40°C works best. Sprinkle yoghurt starter culture into the milk and stir to mix thoroughly.

Pour into clean jar/s or container from yoghurt maker and then follow manufacturer's instructions provided with yoghurt maker.

Leave undisturbed for at least 8 hours, or overnight. Once set, place in the fridge until cool.

Save ½ cup of your Yummy Yoghurt to use as the starter culture for the next batch.

To serve drizzle with a little honey, or try adding vanilla, cinnamon or homemade fruit puree for natural sweetness. Or add a squeeze of fresh lemon juice and enjoy with savoury dishes.*

BANANA-RAMA SHAKE



Preparation time
5 minutes



Serves
2 toddlers

Ingredients

4 level scoops of a2 Platinum® Premium toddler milk drink

200ml of water

2 tablespoons of Yummy Yoghurt (optional)

1 medium frozen banana (peeled)

1 teaspoon of honey* (optional)

Directions

Place all ingredients in a blender, secure lid and blend until smooth.

Pour into a fun cup and serve immediately.

*Honey can contain the bacteria that causes infant botulism so children less than 12 months old shouldn't have honey. Honey is safe for children one year of age and older.



 Freeze peeled
BANANAS
and berries
in advance
These will **KEEP WELL**
for a month or so 

FROSTY FRUIT DELIGHT



Preparation time
10 minutes



Serves
3 toddlers

Ingredients

1 large frozen banana
(peeled)

6 frozen strawberries

2 scoops of a2 Platinum®
Premium toddler milk drink

100ml of water

115ml a2 Milk™ Full cream
may be used instead of
a2 Platinum® Premium
toddler milk drink

Directions

Remove frozen fruit from freezer, rinse the strawberries and allow to thaw for a few minutes.

Whisk the a2 Platinum® toddler milk drink and water until a little fluffy.

Slice carefully the green flowerets off the strawberries. Using a chopping board, roughly chop the strawberries and the banana into smaller pieces.

Place chopped fruit and the prepared a2 Platinum® toddler milk drink into a blender or food processor and process until thick, but smooth consistency (check the consistency from time to time).

Some children prefer some lumpy pieces of fruit remaining, to give this frosty fruit some chunk, while others prefer a really smooth texture. So, you may alter the consistency of this frosty delight by using more or less a2 Platinum® toddler milk drink or a2 Milk™.

Spoon into interesting serving bowls for a bit of fun.

Food storage hint

Don't throw away brown bananas, peel and chop, place in a container and store in the freezer, ready to use.



OLIVE OIL AND HONEY COOKIES



Preparation time
15 minutes



Cooking time
8–10 minutes



Makes
30 cookies

Ingredients

1 and $\frac{3}{4}$ cups of plain flour
2 teaspoons of baking powder
Pinch of salt
 $\frac{1}{2}$ cup of extra virgin olive oil
 $\frac{1}{2}$ cup of caster sugar
1 $\frac{1}{2}$ teaspoons of vanilla extract
2 tablespoons of honey*
1 egg
1 scoop of a2 Platinum® Premium toddler milk drink combined with 50ml of water

Directions

Preheat oven to 190°C and line two baking trays with baking paper.

Sift flour, baking powder and salt.

Place olive oil, sugar and vanilla in a large bowl and using an electric mixer or handheld blender, beat until it is smooth and creamy.

Add the honey and egg and beat well.

Combine the sifted dry ingredients a little at a time, alternating with the prepared a2 Platinum® toddler milk drink. If the mixture is too firm, add a few extra drops of a2 Milk™ Full cream.

Drop carefully from a teaspoon onto trays, press lightly with a fork tip that has been covered in a little flour and bake for around 8–10 minutes or until golden brown.

Store cookies in an airtight container.

Food fun hint

Why not experiment with the kiddies and add other ingredients to the mix (e.g. $\frac{1}{2}$ cup of sultana)?

*Honey can contain the bacteria that causes infant botulism so children less than 12 months old shouldn't have honey. Honey is safe for children one year of age and older.



CREAMY CUSTARD



Preparation time
5 minutes



Cooking time
10–15 minutes



Serves
4 toddlers

Ingredients

4 level scoops of
a2 Platinum® Premium
toddler milk drink
200ml of water
1 cup of a2 Milk™ Full cream
4 egg yolks
1 tablespoon of cornflour
2 tablespoons of caster sugar
1 teaspoon of vanilla
extract (optional)

Directions

Whisk the a2 Platinum® toddler milk drink and water until a little fluffy, combine with the a2 Milk™ Full cream and transfer to a small saucepan.

Place over medium heat. Cook, stirring constantly, for 5 minutes, or until hot (do not allow to boil). Remove saucepan from heat.

Whisk egg yolks, cornflour, sugar and vanilla extract (if using) in a heatproof bowl until well combined. Pour hot milk mixture over egg yolk mixture, whisking constantly.

Return mixture to saucepan over low heat. Cook, stirring constantly, for 5 minutes or until custard thickens and coats the back of a metal spoon (do not allow custard to boil, as it might curdle).

Custard can be served warm or cold and is terrific on its own, but is also delicious with stewed fruit, pancakes or crumbles.



We understand that early life nutrition can have lifetime effects. Our experienced and caring team of nutrition professionals are committed to providing their expertise and support to help parents make the best nutrition choices for their toddlers.

a2 Nutrition Careline

Australia – Call 1800 22 46 32
Monday to Friday 8.30am to 5pm AEST

New Zealand – Call 0800 22 46 32
Monday to Friday 10.30am to 7.00pm NZST

Disclaimer: the information contained within this document is intended as general nutrition information and should not be construed as professional medical advice nor as any health claim associated with consuming a2 Platinum® Premium toddler milk drink and a2 Milk™ products. V5_032021

*A1 and A2 proteins refer to A1 and A2 beta-casein protein types



a2 Milk™ is fresh, natural milk that comes from cows specially selected to naturally produce only the A2 beta-casein protein type.

a2 Platinum® Premium toddler milk drink is a formulated supplementary food for young children. It has been designed to supplement a toddler's healthy diet, which includes a variety of foods, when that child's intake of energy and nutrients may be inadequate. The milk used in a2 Platinum® Premium toddler milk drink is our a2 Milk™.

The recipes in this booklet can be made with fresh a2 Milk™ Full cream, Full cream a2 Milk™ Premium instant milk powder or a2 Platinum® Premium toddler milk drink.

*A toddler's intake of cows' milk or toddler milk drink should be limited to 500ml per day, so as not to interfere with appetite for family foods. Toddler milk drinks are not required by healthy toddlers but may be of assistance for fussy eaters. Use is recommended in consultation with your healthcare professional.

a2 Milk™ is available at supermarkets. a2 Platinum® Premium toddler milk drink and a2 Milk™ powder are available at supermarkets and selected pharmacies. For more information, see www.a2nutrition.com.au
a2 Milk™, a2 Platinum® and The a2 Milk Company™ are trade marks of The a2 Milk Company Limited.



The a2 Milk Company (Australia) Pty Ltd
PO Box 180 | Kew East VIC 3102 Australia

To access your Tiny Tummies recipe book online, visit www.a2nutrition.com.au