

# Soapberry messy menu

5 weaning recipes by Natasha Corrett,  
from [mumknowsbest.com](http://mumknowsbest.com)



WaterWipes with  
Soapberry is perfect  
for food adventures



# Beetroot Pinwheels





# Beetroot Pinwheels

## Ingredients:

100g Beetroot, grated  
(raw or boiled)  
60g feta 100g pre cooked puy  
lentils  
1 tbsp olive oil  
1 roll puff pastry  
1 tbsp flour, for rolling  
1 egg, beaten

☺☺ These are excellent for weaning especially if you are following baby led weaning as they are easy for little fingers to pick up. You can pretty much put any filling inside and are so easy to transport for lunch boxes too. ☺☺

1. Pre-heat oven to 180 degrees fan. Line baking tray with baking paper.
2. If you don't have pre-boiled beetroot, put the grated raw beetroot in 1/2 cup water in a pan and boil for 5 minutes until soft. Strain and squeeze any excess water out.
3. Put the beetroot, cooked lentils, feta, olive oil into a blender and blend until a chunky puree. Leave to cool before putting it into the pastry.
4. Lay the puff pastry out onto a floured surface. Leaving an inch around all the edges spread beetroot mixture evenly across the sheet of pastry.
5. Brush the egg around the edges. To roll the pastry start by tightly folding the long side over to create your first 'roll' then continue rolling the pastry making sure it is as tight as possible. Fold the ends over so it is secure.
6. Slice about 2cm thick the whole way round to create your pinwheels. Place each pinwheel flat down on the baking paper with about 3cm between each one as they puff up.
7. Put into the oven for 25 minutes. Take out and leave to cool. If you want to freeze them only put them into the oven for 20 minutes and when de-frosting put them in the oven from frozen and cook for 15 minutes until warmed through.

Makes 10 pinwheels (approx 2-3 per weaning child)



# Fruit Pots





# Fruit Pots

## Ingredients:

150g blueberries  
1 tbsp chia seeds  
1 tbsp water  
1 banana  
4 tbsp yoghurt  
1 tbsp cashew butter  
(optional)

☺☺ This really is a great dessert for kids. They think it is a sweet treat, but it's actually full of goodness. You can also freeze into popsicles for hotter days or when teething is really bad. ☺☺

1. Put the blueberries into a pan with 1 tbsp water and cook for 1-2 minutes. Once it has created a liquid you can add the chia seeds. Continue to cook and stir for 5 minutes then take off the heat. You want it to become like a jam consistency.
2. Put the banana, yoghurt and cashew butter into a blender and blend until smooth.
3. Serve with both together.

Serves 2 children



# Sweet Potato & Pea Muffins with Pepper Ketchup





# Sweet Potato & Pea Muffins with Pepper Ketchup

## Makes 6 large muffins

290g raw sweet potato  
(200g pre cooked)  
150g plain flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
1/4 tsp salt  
100g butter  
100g yoghurt  
1 egg, beaten  
60g frozen peas  
40ml cold water

## Ketchup

70g vine tomatoes  
1 red pepper  
1 tbsp tomato puree  
2 tsp olive oil

1. Pre-heat oven to 180 degrees fan. Line a muffin tray with 6 cases.
2. Put the whole sweet potatoes into the oven and cook for 50 minutes until they are soft through. Leave to cool so you can peel the skin off.
3. Put the plain flour, baking powder, bicarbonate of soda, salt into a bowl and mix well.
4. Melt the butter on low heat, you do not want to boil or burn it. Put the sweet potato flesh into the butter and mash with the back of a fork. Mix in the yoghurt, cold water and egg and stir until combined.



5. Pour some boiling water over the frozen peas in a separate bowl. Once defrosted, in your hands squeeze them so they pop and put in with the butter mixture. (It is really important to squeeze them all as a pea is the perfect size to get stuck in a babies airway).
6. Mix the wet ingredients into the dry. Spoon the mixture into the muffin cases. It makes 6 so make sure you fill to the top.
7. Put into the oven for 20 minutes until golden and a skewer comes out a little moist.
8. While they are in the oven make the ketchup by putting the tomatoes, red pepper, puree and olive oil into a blender and blend until velvety smooth. Pour the mixture into a saucepan and cook on a medium to low heat for the rest of the time the muffins are in the oven (approx 10 minutes). Take off the heat and leave to cool.
9. Take the muffins out of the oven when ready and leave to cool. Serve with the ketchup.

👉👉 **These are wonderful as a snack or a full meal,  
with lots of hidden veggies.**

**This simple dish has 4 different vegetables,  
and is packed with protein and fat making it a  
meal in itself.** 👈👈



# Tomato Salmon Three Veg Pasta Sauce





# Tomato Salmon Three Veg Pasta Sauce

## Ingredients:

1 tbsp olive oil  
1 clove garlic  
1 tin chopped tomatoes  
1/2 courgette, grated  
4 chestnut mushrooms, diced  
1 handful spinach, diced  
1 tbsp tomato puree  
2 salmon fillets (240g)  
1 tbsp tahini  
Serve with pasta

☺☺ One of the ways I ensured my baby got lots of great ingredients in his diet during our weaning process was pasta sauces. Kids love pasta so it's easy to pimp up the sauces with loads of veg and great sources of protein. If you are in the early stages of weaning and doing purees only, you can still make this for the whole family, just blend up the sauce at the end for the baby. It also freezes really well. ☺☺

1. Grate the garlic and add to the pan with the olive oil and cook on a medium heat for 1-2 minutes. Add the tin of chopped tomatoes, grated courgette, diced mushrooms and tomato puree. Cook on a medium to high heat for 3-4 minutes.
2. De-skin the salmon fillets and chop into small 1cm cubed chunks.
3. Add to the sauce with the spinach. Stir in so all is combined and cook for a further 4-5 minutes.
4. Add the tahini and serve over pasta.

Serves a family of 3 - 4



# Teriyaki Roast Chicken with Turmeric Mash





# Teriyaki Roast Chicken with Turmeric Mash

## Ingredients:

2 chicken breasts  
2 tsp teriyaki sauce  
2 tsp olive oil  
3 medium white potato  
1/4 tsp fresh turmeric  
(or ground)  
1/4 cup milk  
1/4 cup water  
1 tsp stock powder  
1 handful of spinach  
2 carrots

☺☺ This is a great dish for the whole family and for getting a good hearty meal into your little ones.

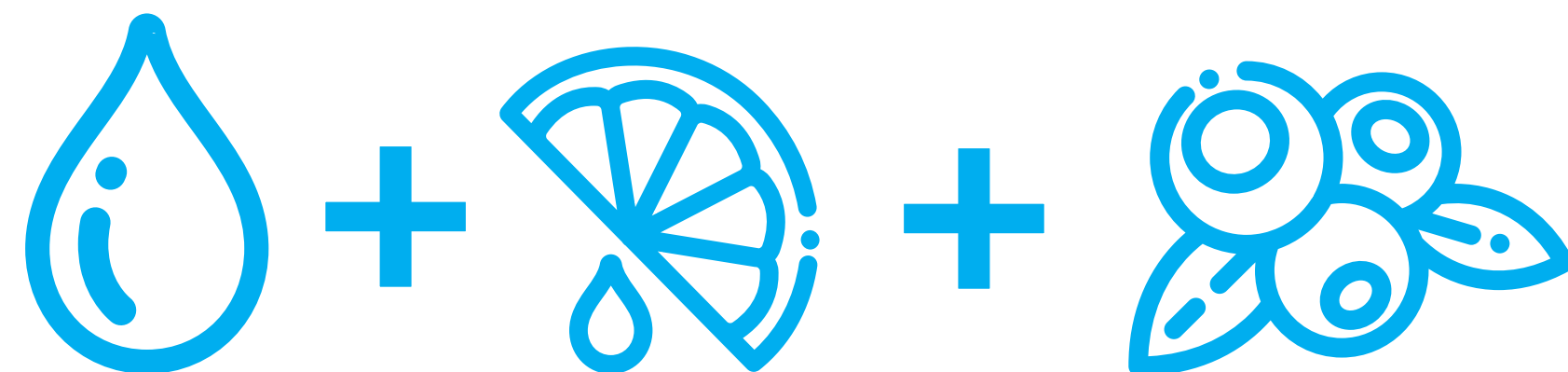
Fingers crossed for a good night's sleep! You can also use sweet potato if you don't have white potatoes. ☺☺

1. Pre-heat oven to 180 degrees fan.
2. Dice the carrots into 1/2cm cubes (the smaller the better as will cook faster).
3. Put the chicken breasts and carrots into an oven proof dish and pour the teriyaki sauce and olive oil over the top.
4. Put into the oven for 20-25 minutes or until chicken is cooked through.
5. Meanwhile peel and chop the potatoes.
6. Bring a pan of water to the boil and boil the potatoes until very soft. This should take about 7-10 minutes.
7. Make the stock by putting the powder into the 1/4 cup water.
8. Strain and put into a food processor with the turmeric, milk, stock and spinach. Blend until smooth.
9. Serve with the chicken and carrots.

**Serves a family of three**



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power for growing babies.



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