



Mother Hen[®]

Quick and tasty

recipe ideas

for babies and toddlers



Baby and toddler recipe

Overnight oatmeal with tropical fruits



6



15 minutes



6 + hours



Our tropical fruit puree is a compote that is guaranteed to make your toddler's taste buds travel! Your little ones will love this sweet exotic puree made with bananas, mangoes and pineapple. It's a great way to discover these fruits, especially since bananas contain manganese, an important mineral for the proper functioning of the body's chemical processes and bone formation. Served in oatmeal at breakfast or as a snack, our puree is simply delightful!

INGREDIENTS

- 6 x 59 ml Mother Hen Tropical Fruit Puree, thawed
- 1/3 cup oatmeal
- 1/3 cup plain yogurt



INSTRUCTIONS

1. Lightly grind the oatmeal in a coffee grinder or food processor.
2. Combine it with the yogurt and puree.
3. Transfer the mixture into small bowls, cover with plastic wrap and refrigerate for 6 hours before serving.

Toddler recipe

Carrot and apple cookies



12



10 minutes



12 minutes



Our organic carrot puree is a classic! It's a wise choice, because carrots are packed with beta-carotene, an ally in terms of meeting vitamin A needs and a best-in-class when it comes to promoting bone growth and the proper functioning of the immune system, and improving eyesight in the dark. For this healthy carrot and apple cookie recipe, just add our apple puree, whose only ingredient is... organic apples! With no added sugar or preservatives. Our puree is made from whole apples, including the peel. Why? Because keeping the peel also means keeping more soluble fibres. This type of fibre helps control blood sugar and cholesterol levels, a definite added value.

Cheers!

INGREDIENTS

- 3 x 59 ml Mother Hen Carrot Puree, thawed
- 3 x 59 ml Mother Hen Apple Puree, thawed
- ½ cup all-purpose flour
- ½ cup rolled oats
- 1 tbsp maple syrup or brown sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a bowl, combine all dry ingredients.
3. Add the syrup, carrot puree and apple puree, and mix well.
4. Line a baking sheet with parchment paper.
5. Drop the cookie dough onto the baking sheet by rounded tablespoonfuls at 1-inch intervals.
6. Bake for 10 to 12 minutes or until lightly golden brown.
7. Remove from the oven and cool slightly, then remove the cookies from the baking sheet and let them cool further on a cooling rack.

Toddler recipe

Chicken cacciatore macaroni



6



10 minutes



15 minutes

The delicious sauce made with our textured chicken cacciatore puree introduces baby to the benefits of tomatoes, which is an excellent source of beta-carotene that contributes to bone growth and a healthy immune system. It's a great way for your child to discover the taste of herbs. Combine it with yummy macaroni and you have a recipe for success!

INGREDIENTS

- 4 x 118 ml Mother Hen Chicken Cacciatore, thawed
- 1 cup cooked macaroni
- Grated Parmesan cheese (optional)

INSTRUCTIONS

1. Cook the macaroni noodles and set them aside.
2. Heat the chicken cacciatore and add it to the cooked macaroni. Mix well.
3. Top with parmesan cheese, as desired.



Toddler recipe

Mini shell pasta with pork and garden vegetables



6



10 minutes



15 minutes



Our smooth pork puree is tasty and nutritious! It's packed with iron, a mineral that plays a key role in your baby's nutrition and growth. Iron is used to produce ATP (adenosine triphosphate), which helps the body generate the energy it needs to function properly. It's an essential fuel, so to speak!

Our smooth, organic garden vegetable puree is a unique and delicious blend with the nutritional benefits of its three star players: broccoli, carrot and cauliflower. Don't be fooled by the colour of the cauliflower—its nutritional value isn't all that pale! Cauliflower is a good source of potassium, a mineral that allows the transmission of nerve impulses and the contraction of muscles such as the heart.

Your little ones will love it when added to our quick recipe for mini shell pasta!

INGREDIENTS

- 6 x 59 ml Mother Hen Pork Puree, thawed
- 3 x 59 ml Mother Hen Garden Vegetable Puree, thawed
- 75 ml tomato sauce
- 1 cup cooked small shell pasta
- ½ tsp dried Italian herbs (optional)

INSTRUCTIONS

1. Cook the noodles and set them aside.
2. Heat the tomato sauce, the pork puree and the vegetable puree.
3. Stir the sauce and the purees into the cooked pasta and add the Italian herbs. Mix well and serve.

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