

kizingo®

YOUR GUIDE TO
BABY-LED WEANING
(with recipes!)



@kizingokids / kizingokids.com

WELCOME

Baby-led weaning (BLW) is an approach to introducing food in which the baby is allowed to direct and control the process of eating solids foods from the very beginning. Parents decide what to feed and babies decide when, how, and how much they are going to eat.

BUT THERE ARE OTHER KEY COMPONENTS OF BLW AS WELL:



Baby sits at the table with the family at mealtimes



Baby feeds him/herself, first with hands then cutlery



Baby is offered the same (healthy) foods as the rest of the family, prepared in sizes that are appropriate to their developmental stage



Babies are continued to be offered breast milk (or formula), on demand, outside meal times

Despite what is known, there is no consensus on what the definition of BLW is and parental perceptions differ: among parents who self-identify as using BLW with their own children, some will spoon-feed their child about 10% of time while others use a more strict definition and offer ONLY finger foods.



WHAT ARE THE BENEFITS OF BLW?



THERE ARE SEVERAL BENEFITS TO ADOPTING A BLW APPROACH INCLUDING THAT IT:

-  Shifts the focus from emphasizing the quantity of food consumed to experiencing and expanding the diet.
-  Makes introducing solid foods easier and less costly.
-  Allows baby to take part in family meals helps to develop important social skills.
-  Promotes autonomy – independence and self-governance, which has been linked with a range of positive outcomes.
-  Lastly, early exposure (before 10 months) to a variety of solid foods has also been associated with a reduction in “picky” eating.

ARE THERE ANY CONCERNS WITH BLW?

The most common concerns around BLW focus on one of three areas: nutrition, choking, and suitability. Perhaps one of the greatest concerns of parents (and health professionals alike) is that their baby is getting adequate nutrition to meet his needs and weaning is a critical period when many children—especially globally—experience sharp rises in illness and malnutrition.

NUTRITIONAL CONCERNS

Regardless of the feeding method used, solid food should be a supplement to, not substitution for, breast milk or formula, which should remain the primary source of nutrition. Iron insufficiency tends to be of primary concern, but since BLW babies tend to be older and their gut bacteria more mature (than a 4 month old), iron-rich foods can be offered from the outset. To date, the small body of research on BLW has does not support these concerns.

CHOKING HAZARDS

Although concerns of choking are common, the ability to chew develops before the ability to hold food at the back of the mouth for proper position for swallowing. Thus, what is most often experienced is gagging. With careful consideration of what is placed in front of baby, and with proper supervision, choking should not be of great concern.

DIFFICULT TRANSITION

There are some babies and families for whom BLW may be might not be feasible or suitable. This could especially be the case for infants with developmental delays or for whom another condition interferes with their ability to move food to their mouths, to chew, or to swallow.





WHAT SHOULD I SERVE MY BABY WHILE USING BLW?



On the pages that follow are a few of our favorite (printable) recipes you can use with your little one... fingers AND cutlery welcome!

kizingo® EATS:

Quinoa with Butternut Squash, Scallions + Parsley

Quinoa is an endlessly versatile grain and pairs beautifully with the earthiness of the roasted butternut squash and bite from fresh scallions.

Quinoa makes a great choice for your little one as well because it's high in protein and one of the few plant foods that contain all nine essential amino acids.



INGREDIENTS

1/2 butternut squash, peeled and cut into small dice

Extra virgin olive oil

Coarse sea salt

1 tablespoon freshly squeezed lemon juice

2 cups cooked quinoa

3 scallions - white and light green parts only - thinly sliced

1/4 cup finely chopped Italian parsley

Optional toppings—

Goat cheese

Pumpkin or sunflower seeds

Toasted finely chopped walnuts, pecans, or sliced almonds

DIRECTIONS

Preheat oven to 400°F

Toss the squash with 2 tablespoons of olive oil and a pinch of salt on a sheet pan and roast until soft, about 15-20 minutes.

Meanwhile, whisk the lemon juice with 3 tablespoons of olive oil in a large mixing bowl along with a big pinch of salt. While the squash is still warm, toss it into the dressing bowl along with the quinoa, scallions, and parsley.

Taste and add a bit more salt or lemon if you feel it needs it.

NOTES

PERFECTLY COOKED QUINOA: Rinse quinoa thoroughly. Place 1 3/4 cup water, vegetable stock, or chicken broth into a pot set over high heat. Bring the quinoa to a boil, lower the heat, cover, and cook until the liquid is absorbed (12-15 minutes). When the quinoa “pops”, turn off the heat, place a dry paper towel between the pot and the lid, and let sit for 5 minutes. Fluff with a fork and serve.



@kizingokids / kizingokids.com

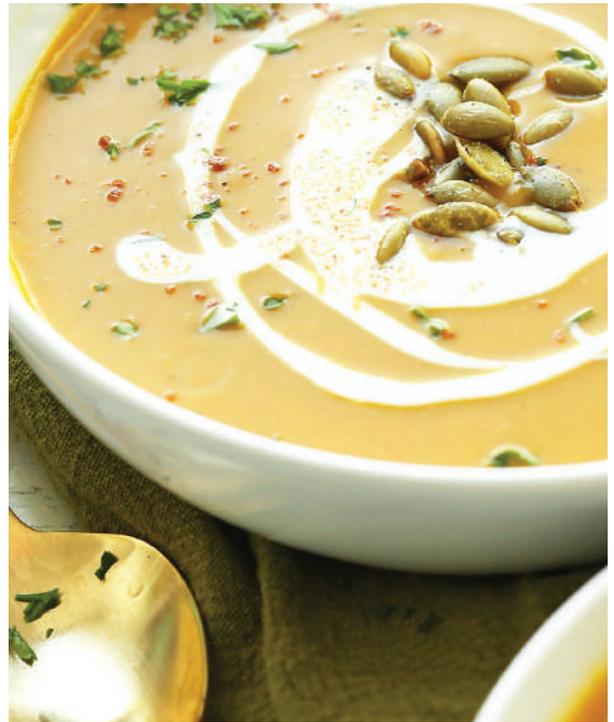


kizingo® EATS:

Curried Butternut Squash Soup

This soup is perfect for crisp fall nights, served with crusty bread (cheat and buy a par-baked loaf you can finish cooking for dinner), and eaten with your favorite spoon [wink, wink]!

Squash is high in Vitamin A, C, and potassium, so you're doing your body - and your tastebuds - a huge favor.



INGREDIENTS

1 Tbsp (15 ml) coconut oil
2 shallots, thinly diced (~40 g)
2 cloves garlic, minced (1 Tbsp or 6 g)
6 cups (840 g) butternut squash
Pinch each sea salt + black pepper,
plus more to taste
1 1/2 Tbsp (12 g) curry powder
1/4 tsp ground cinnamon
1 14-ounce (414 ml) can light coconut
milk
2 cups (480 ml) vegetable broth
2-3 Tbsp (30-45 ml) maple syrup
optional: 1-2 tsp chili garlic paste

Optional Toppings

Pumpkin seeds, sour cream, or
cilantro to top (optional)

DIRECTIONS

Heat a large pot over medium heat. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.

Add butternut squash and season with a pinch each salt and pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.

Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (if using).

Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.

Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.

Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.

Serve as-is or with garnishes of your choice. Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. (But trust us when we say this is best when fresh.)



@kizingokids / kizingokids.com



kizingo® EATS:

Blueberry Avocado Muffins

These muffins make a great snack - especially for kids. Avocados contain both soluble and insoluble fibers that will keep the digestive system running smoothly and they are great for brain function because unsaturated fats keep brain cell membranes flexible.

The muffins are sweet, but not overly sugary and are a healthful weekday “hurry we’re running late for school” breakfast! (Break into smaller pieces for easy finger feeding.)



INGREDIENTS

2 cups organic whole wheat flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 ripe organic avocado, seeded and peeled
1/2 cup organic raw sugar
1 egg
1 tsp vanilla extract
1/2 tsp cinnamon
1 cup plain whole fat yogurt
1 pint or 1 1/4 cup organic blueberries
1/2 cup organic raw sugar for topping [optional]

DIRECTIONS

Heat oven to 375 and spray or line a regular or mini muffin tin.

In a medium bowl combine flour, baking powder, baking soda and salt.

In a large bowl, scoop out avocado, discarding seed, and beat until smooth and creamy. Add sugar and beat well. Beat in egg until completely combined. Add vanilla, yogurt and cinnamon and blend well.

Pour in the flour mixture 1/3 at a time, mixing until just combined. Gently fold in blueberries. Spoon into muffin tin, filling 3/4 way to the top. Sprinkle raw sugar on top of each muffin.

Bake for 15 minutes for mini muffins or 25-30 minutes for regular muffins, or until toothpick comes out clean. Let cool in pan for 5 minutes before transitioning to rack.

Makes 36 mini muffins or 12 regular muffins. Store in air-tight container on counter for 1 week.



@kizingokids / kizingokids.com



kizingo® EATS:

One-Pot Applesauce

The most magical part of this recipe is its simplicity - put halved unpeeled apples in a pot with a couple of flavorings and **SIMPLY. WALK. AWAY.**

This applesauce also has the benefit of being free of added sugar and is packed with Vitamin C, potassium, and fiber. And because it's processed smooth using a food mill, it's great for kiddos just beginning with solid foods.



That's what we call a win-win-win-WIN!

INGREDIENTS

Apples - whatever variety, amount, and condition you happen to have on hand

1 cinnamon stick

Juice from one lemon

1 scraped-out vanilla bean (or 1 tsp. pure vanilla extract)

Water (1/8 - 1/4 cup, depending on amount of apples)

DIRECTIONS

Halve apples and place in a large dutch oven or pot with a tightly fitting lid.

Add cinnamon, lemon juice, and vanilla bean (or extract) and water.

Set heat to medium low and cover.

After 15-20 minutes give a quick stir. Add a splash of water if it's looking a little dry, and cover again.

After about 45 minutes - or when the aroma is overpowering - transfer the whole batch to a food mill and process into a glorious bowl of warm deliciousness.

NOTES

If you prefer a slightly chunkier applesauce, or would like to give your little one practice with a slightly thicker texture, peel and core the apples (since they aren't going through the food mill to catch those extra parts) and mash with a potato masher to desired consistency.



@kizingokids / kizingokids.com



kizingo® EATS:

Tropical Quinoa Breakfast Bowl

We love recipes that are versatile and flexible enough to appeal to every member of your household.

Ones that can also be prepped ahead of time to help make busy mornings less hectic are even better. This incredibly flavorful breakfast bowl from Sarah Hauser ticks both of these boxes. Can we get a high-five?



INGREDIENTS

1 cup dried quinoa, rinsed*

½-1 cup full-fat coconut milk

¼ teaspoon cinnamon

Sliced tropical fruit like banana, mango, and kiwi

2-3 Tablespoons honey, plus more to taste (or sub maple syrup for vegan)

Other toppings like unsweetened coconut flakes, chia seeds, or flax seeds

DIRECTIONS

Cook the quinoa in a medium pot according to the package directions.

Stir in the coconut milk, starting with a ½ cup. Turn the heat on low to warm the coconut milk. Add additional coconut milk until you reach the desired texture.

Stir in the cinnamon.

Transfer to bowls for serving. Top with sliced mangoes, kiwis, bananas, coconut flakes, and any other toppings you like! Drizzle each dish with honey to taste.

Serve and enjoy! (And yes, it's *that* simple.)

NOTES

*Quinoa has a natural coating that can taste bitter or soapy, but you can get rid of this coating by rinsing it well. You can also make the quinoa the night before and store in the refrigerator. Then simply rewarm when you're ready to eat!



@kizingokids / kizingokids.com

