

Snack Ideas



Now your baby is 8 months old try some of these snack ideas:

Chopped banana

Avocado on toast 'fingers'

Hummus on small pieces of Lebanese bread

Small cubes of watermelon and cheese – a colourful combo

Mango and yoghurt smoothie

Warm brown rice mixed with grated cheese

Sweet potato chips

Apple and celery puree – mushy, but yummy

Steamed peas and broccoli – yes, as a snack on their own

Bowl of pumpkin or potato soup

Corn on the cob

Mini pizzas - halve English muffins, top with tomato, grated carrot and cheese, then grill

Crackers with cheese and vegemite

Berry and orange sorbet – mix in a blender and freeze

Fruit and yoghurt pops – mix bananas or strawberries with yoghurt and freeze

Yoghurt

Baked beans on 'boats' (boats are halved boiled eggs with the yolk taken out)

Cooked chickpeas and sweet potato blended together make a yummy dip with crackers

Bubble and squeak – use leftover mashed potato, eggs and whatever else is handy and cook into patties

Cheese cubes on crackers

Steamed carrot sticks

Avocado strips

Tiny kiwi fruit squares

Banana 'fingers' (can be slightly frozen and are good for teething)

Grated cheese or small, easy to hold pieces

Homemade rusks made from wholemeal bread – cut slices about 1–2cm thick and 5–6cm long. Bake in a slow oven for about an hour or until bread is dry and crisp

Cooked pasta spirals – fun and good for baby's dexterity

Little muffins and scones

Place a piece of bread in a muffin tin, push down to flatten and remove the excess. Pop in some diced vegetables, top with cheese and bake until brown – great even cold

Bread or toast with a variety of spreads