

Introduction to Eggs for Infants

Preparation time: 15 mins
Serves: 1 person
User Rating: ★★★★★

Publication: 18 June 2020
Categories: First Foods

Eggs and baby food go together like... well... eggs and baby food. But whoever said baby food shouldn't be delicious?

Boiled, pureed or scrambled – eggs are a wonderful option to introduce your baby to the world of solid foods, while still being suitably soft and mushy.

From 6 months of age onwards, have a crack at these simple and nutritious recipes on how to prepare eggs fit for your gourmet baby menu.

And get your camera ready too. Because you're sure to see some adorable (and real-life) egg on face.



Ingredients

Stage 1 (6 months)

1 x medium egg

3-4 tsp boiled water or breast milk

Stage 2 (8 months)

1 medium egg

1/4 cup fresh peeled and diced pumpkin or sweet potato

Stage 3 (12 months)

1 medium egg

6 baby spinach leaves, chopped (stem removed)

3 tsp grated tasty cheese

2 tsp plain yoghurt

Method

Stage 1 (6 months)

To hard-boil egg:

1. Place egg into a small saucepan and just cover with enough cold water. Bring to a gentle boil and cook for 8-10 mins.
2. Drain immediately and cool under cold water until cool enough to handle.
3. Peel egg and mash with a fork. Stir through enough boiled water or breast milk to form a smooth consistency. Separate into portion sizes and serve.
4. Place remaining portion into a sealed container and refrigerate. Use within 24 hours.

To scramble:

1. Whisk egg for 15-20 secs
2. Heat a non-stick frying pan over low heat and add egg.
3. Stir, continuously pulling the egg from the edge of the pan to the centre with a spatula forming soft tight curds.
4. Remove from pan and mash with a fork. Stir through enough boiled water or breast milk to form a smooth consistency. Separate into portion sizes and serve.

Stage 2 (8 months)

1. Microwave or boil pumpkin or sweet potato until soft and easily mashed. Drain and cool.
2. Whisk egg for 15-20 secs
3. Heat a non-stick frying pan over low heat and add egg.
4. Stir, continuously pulling the egg from the edge of the pan to the centre with a spatula forming soft tight curd. Remove from pan and chop lightly with a fork to break up egg.
5. Serve chopped egg with diced cooked pumpkin.

Stage 3 (12 months)

1. Whisk egg, spinach and cheese together
2. Heat a non-stick frying pan over low heat and add egg mixture.
3. Stir, continuously pulling the egg from the edge of the pan to the centre with a spatula forming soft tight curd. Remove from pan and chop lightly with a fork to break up egg.
4. Serve with plain yoghurt.

Notes

Tip: any remaining portions can be stored in a sealed container and refrigerated. Use within 24 hours.