

NUTRITION



**15 FINGER
'LICKIN'
FINGER FOOD
RECIPES**



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CHICKEN AKARA

Babygrubz sweet beans, Shredded chicken, Agas wholesome Meat seasoning, Garlic and ginger paste, Onions and pepper puree

Mix the sweet beans with water to form a paste

Add all other ingredients into the sweet beans and mix till well combined.

ensure your mix is not runny but thick. Scoop about 1 tbspn in a pan of hot oil to fry till golden brown.

MUSHROOM BURGER PATTIES

Minced meat, chopped oyster mushrooms, Agas wholesome ginger and garlic mix, b, Agas wholesome barbecue rub spice, diced onions, pepper (optional), 1 egg, Agas wholesome acha grain (2-3 tbsps)



Put all the ingredients in a bowl and mix till well combined.

Scoop out an roll into balls and flatten into patties

Drizzle oil in a pan and fry for 5-6 mins on both sides till done.

Serve with homemade yoghurt sauce



HASH BROWNS

Irish potatoes, 1 tbspn of Agas green peas powder, 1 egg /1 tbspn of agas wholesome chia seeds, dried thyme, pinch of Agas wholesome sea salt (optional), pure oil of choice

Wash and peel Irish potatoes

Using a grater, grate the irish potatoes into a bowl.

Add in the egg and salt

add 1 tbspn of pure oil of choice into a frying pan, and scoop 1 tbspn of the potato mix and flatten. shallow fry for 3 mins on each side till golden brown

TOM BROWN PANCAKES

2 tbspn of tom brown cereal, 1 egg, 1 tbspn of milk of choice (if it is liquid milk add 2 tbspns), 1 banana/1tbspn of Agas wholesome dates powder/1 tbspn of honey



Mix all the ingredients above in a bowl. Add water enough to make a runny but not watery paste.

Scoop about 1/4 cup of the pancake batter into a frying pan and brown on both sides for 2 mins.



PLANTAIN AND FISH FRITTERS

1-2 very ripe and small plantain fingers (boiled and mashed), 1 tspn of Agas wholesome acha flour/oats flour/kudara mixed grain cereal, boiled deboned fish, spring onions finely chopped, 1 egg/1 tspn of malted bambara flour, 1 tspn meat seasoning

In a bowl, mix the mixed grain cereal/oats/acha, plantain, fish, and spring onions.

Mix till a nice dough is formed and roll out flat patties

Add about 2 tspn of coconut oil to a pan

Pan fry the patties till golden brown

Serve warm (you can break them into smaller pieces for easy eating)

PINEAPPLE NUTTY MUFFIN

1 cup Babygrubz sweet potatoes cereal, 1 cup pineapple chunks/orange juice, 1 tspn of nut mix, 2 tspn of Machi tallow, 1/2 cup of Machi malted bambara



In a bowl, mix all the ingredients together.

Add some water if it is too thick.

Pour the mixture into a well greased muffin tins

steam in a pot/bake in the oven for 20-25mins



SWEET BEANS TOAST

2 slices of bread, 1 tbspn of babygrubz sweet beans, 1 egg, my first meals crayfish powder, babygribz fish powder

In a bowl, mix the sweet beans, egg, crayfish and fish powder and mix till well combined. Cut each slice of bread into 3 pieces and coat with the above mixture.

add 1 tbspn of oil in a pan and shallow fry each cut piece of bread on each side for 2-3mins

PLANTAIN ROLL

2 plantain fingers, nitrite-free sausages/homemade sausages, Agas baobab ranch powder, toothpick



Peel and cut the plantain chips as long strips (you want long strips you can use to wrap the sausages), season the plantain strips with baobab ranch.

cut the sausages into 3 or 2 pieces.

take a single plantain strip and wrap a piece of sausage then use the tooth pick to hold it.

fry the rolls in pure oil till golden brown

ACHA FISH PATTIES



1 cup of cooked agas wholesome acha, 2 tbspn of sprouted sorghum, agas wholesome vegetable stock seasoning, blended vegetable puree (green, yellow, red bell peppers, onions), boiled deboned fish, salt and pepper to taste

Mix all the above ingredients till well combined. Mold into small patties and shallow fry

SCOTCH EGG FINGERS

5 eggs (alternative is 1 tbspn of soaked chia seeds mixed with 1/2 cup of machi malted bambara flour)
1/2 tbspn of malted bambara paste (mix flour with water)/1 egg wash, Butter, 1/2 cup Acha grain, 1 cup minced meat, 2 tbspn of a blended mix (celery, carrots, onions, garlic, ginger) Agas wholesome sea salt, meat seasoning, dried pepper (optional)



Season the minced meat and set aside.

Whisk just the eggs together with the blended mix and pour the mix into a lightly greased heat resistant glass bowl (grease with tallow/butter)

Pour water into a pot (big enough to contain heat resistant glass bowl) and place the bowl with the beaten eggs into the boiling water (the goal is to bake/poach the eggs). Once the eggs/bambara have cooked through use a knife to cut it into strips (you should get about 8-9 strips dependent on the bowl/baking pan).

take the egg fingers and coat each one in the seasoned minced meat/lamb/chicken. Then coat in the egg wash then coat in the acha grain.

Fry for about 5-6 mins in oil (ensure the oil is hot so the meat cooks through).

Serve with homemade dip



WATER YAM SHRIMP BALLS

1/2 of a small water yam (grated),
blended mix of: whole shrimp,
carrots, sweet corn, onions, Agas
wholesome curry powder and
baobab ranch powder

Mix all the ingredients above
together till well combined.
Using a tablespoon, scoop small
amounts into pure oil and fry

GREEN POTATO BALLS

3 irish potatoes (boiled and
mashed), 2 tbspn of green peas
powder, onions, scent leaves, ginger
and garlic paste, shredded cooked
chicken, meat seasoning



Mix all the ingredients above together
till well combined and shallow fry/bake
for 15 mins



EGG PLANT FISH NUGGETS

Deboned and flaked fish Agas wholesome soupa delish powder, 1 tbsp of chia seeds soaked in water to form a paste, 1 egg plant, Pure seed or nut oil for frying, Oats flour Machi malted Bambara flour paste (mix 1 tbsp of bambara with water to form a paste that is not too thick). Cornflakes or toasted bread crushed into crumbs

Boil the eggplant and mash. Mix the egg plant with the fish seasoned with soupa delish powder then mold into patties or sausages shapes. Coat a piece of patties with in the egg wash or bambara paste and then into the cornflakes or breadcrumbs. Fry the patties for 7 mins or until golden brown

PEPPER PIZZA CUPS

4 bell peppers (can be red yellow or green) cut into half and remove the seed, 1 tbsp of olive oil/machi tallow (melted), Agas wholesome sea salt, blended mix of (machi tallow, tomato, onions ginger, agas barbecue rub spice, garlic and thyme) shredded mozzarella cheese, shredded chicken or sausage pieces



Cook down the tomato blend and set aside. Spoon sauce onto each pepper half. Sprinkle with mozzarella and top with pepperoni. Bake for 10 to 15 minutes in the oven or until the peppers are crisp-tender and the cheese is melted.



VEGGIE EGG FRITATATA

4 eggs, 1/4 cup bone milk, tomato juice, stock, thyme, Agas wholesome vegetable stock, Salt and pepper (optional),
Filling consists of;

1 cup of chopped mixed peppers, onions, chopped parsley and ugu leaves, 2 tsp of machi tallow, mashed boiled sweet potato

Beat eggs, liquid, seasoning, salt and pepper in medium bowl until well combined.

Add filling to the egg and mix well. Heat butter in 6 to 8-inch nonstick omelet pan or pot over medium heat until hot. Pour in the egg mixture; cook over low to medium heat until eggs are almost set, 8 to 10 minutes. Lower heat and cover and let it stand until eggs are completely set and no visible liquid egg remains. Cut into wedges.

TIPS AND TRICKS

- Each of these recipes are best for Baby led weaning or for children who prefer finger foods; most are great from 8 months unless otherwise stated.
- Each meal is balanced and can eaten alone or served with other foods to increase nutrient options.
- Avoid adding salt for children below 1.
- Observe child during meal times to ensure no food serves as a choking hazard.