

nutrient-dense vegetable breakfast porridge

These power-packed breakfast bowls became my answer to a crabby baby who wanted her big sisters' oatmeal at the table! Since it is best to keep babies under age 1 away from grains like oats, I created a "porridge" that my babies and toddlers could have to feel like everyone else eating at the table.

This is creamy and mildly sweet and as big kids, my children still ask for this at breakfast!

yield: 4 to 5 kid servings

2 cups (510 g) cooked sweet potato or squash, pureed

¼ cup (18 g) unsweetened shredded coconut

4 soft or hard-boiled pastured egg yolks (yolk only)

2 tbsp (30 g) butter or coconut butter (see coconut butter recipe on page 189)

¼ cup (60 ml) whole yogurt or kefir

2 tsp (9 g) cold-soluble grass-fed gelatin

1–2 tbsp (5–10 ml) blackstrap molasses

Pinch of sea salt

Chopped crispy nuts or seeds of any kind (optional, for adults, children or babies over 1 year only)

Put everything but the nuts into a medium pot over low heat to combine and warm through.

Add the chopped nuts or seeds to the bowls of those who can have them. Serve baby a tablespoon (15 ml) to start, right from a spoon.

Leftovers can be stored in the fridge for 1 day. You can add the leftovers to a smoothie later the same day or the next morning.

notes: If baby is over 1 year, raw honey can be used instead of the molasses. Fruit puree works well for sweetening, too. Use fruit such as apples, pears or bananas.

When my family included both babies and big kids, I would set up small bowls of the chopped nuts and seeds for my big kids to add to their bowl like a buffet! Then the nuts and seeds wouldn't get added to baby's bowl.

This meal comes together really quickly if you have served the squash for dinner the night before.

