

# Kahvaltılık Bebek Maması

Nutritious breakfast baby food recipe for 7+ months. Easy 5-minute banana, cheese and molasses puree perfect for introducing solid foods to babies.

5 min

HAZIRLIK

5 min

TOPLAM

1

PORSİYON

Easy

ZORLUK

Kahvaltılık Bebek Maması

## Malzemeler

- 0.5 banana
- 0.5 tbsp quark cheese
- 1 tsp molasses

## Yapılışı

- Prepare the fruit base**

Peel and place 0.5 banana in a small bowl. Mash with a fork until smooth and creamy with no large lumps remaining, about 1-2 minutes.
- Add cheese and sweetener**

Add 0.5 tablespoons of soft cheese to the mashed banana. Mash and stir together with the fork until well combined and smooth.
- Sweeten the mixture**

Add 1 teaspoon of molasses or fruit syrup to the banana-cheese mixture. Stir thoroughly with a spoon until the sweetener is evenly distributed and the mixture is uniform in color.
- Adjust consistency if needed**

Check the consistency - if the mixture is too thick for baby feeding, add 1 tablespoon of breast milk or formula and stir gently until you reach the desired smooth, creamy texture.
- Final preparation**

Transfer to a clean baby feeding bowl and serve immediately at room temperature, or refrigerate for up to 24 hours if preparing ahead.

## İpuçları

Always wash your hands thoroughly and use clean utensils when preparing baby food to prevent contamination.

Choose ripe bananas with brown spots for the sweetest flavor and easiest mashing texture.

Use room temperature cheese for easier mixing and a smoother final consistency.

Test the temperature of the food on your wrist before serving to ensure it's not too warm for your baby.

Start with smaller amounts of molasses as it has a strong flavor that babies need time to adjust to.

If your baby refuses the food initially, don't give up - it can take 8-10 exposures to a new food before acceptance.

Keep a food diary to track which ingredients your baby has tried and any reactions they may have had.

Have a damp cloth ready before feeding to quickly clean up spills and sticky fingers during mealtime.