

From  
**6**  
months



Fun recipes for  
your little one!



Feeding time proudly brought  
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# NESTLÉ® NESTUM® butternut squash bites



## RECIPE

### NESTLÉ® NESTUM® butternut squash bites

Makes 12 – 16

#### Ingredients:

- 125 ml NESTLÉ® NESTUM® Multigrain Cereal
- 1 Small butternut
- 60 ml Cheddar cheese, grated
- 5 ml Mixed dried herbs
- 5 ml Ground cumin
- 2 ml Baking powder
- 5 ml Ground coriander
- 2 Garlic cloves peeled & crushed
- 15 ml Fresh parsley

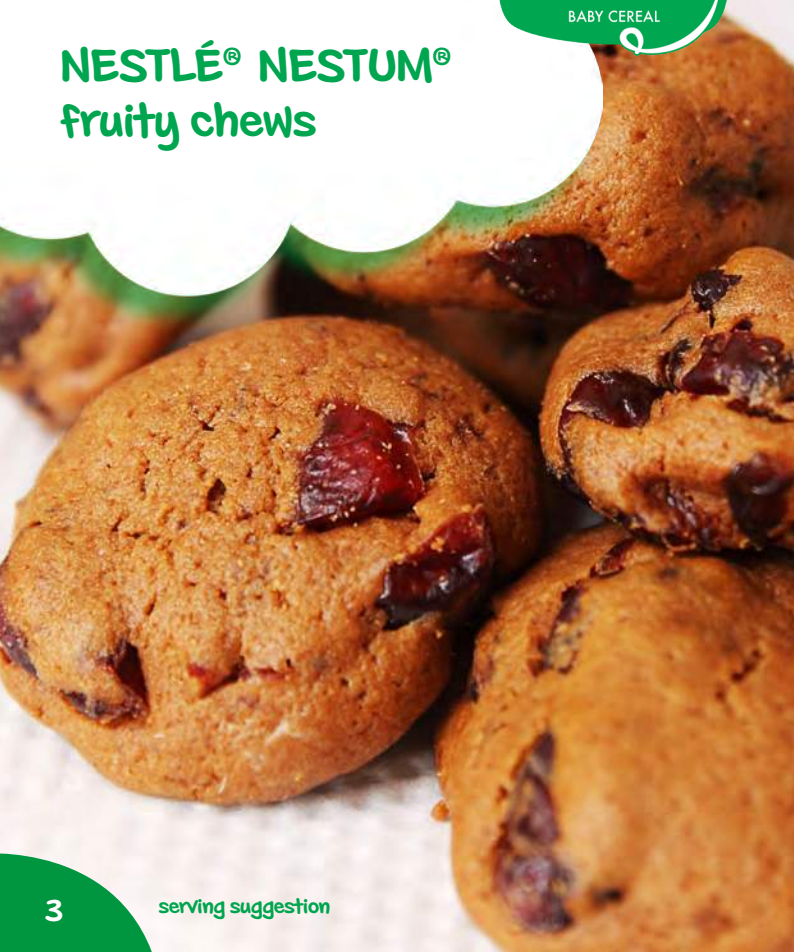
#### Directions:

1. Preheat the oven to 180°C
2. Peel, deseed and cube the butternut
3. Boil or steam the butternut until tender
4. Mash and allow to cool completely
5. Combine all the ingredients in a mixing bowl
6. Add the NESTLÉ® NESTUM® Multigrain Cereal and mix well
7. The mixture should be firm, if not, add a little more NESTLÉ® NESTUM® Multigrain Cereal
8. Spoon the mixture into little balls, using floured hands
9. Place the balls onto a prepared baking sheet
10. Leave enough space between balls to allow for spreading
11. Bake in the oven for 15 – 20 minutes
12. Allow to cool for 5 minutes, before transferring to a wire rack to cool completely





# NESTLÉ® NESTUM® fruity chews





## RECIPE

### NESTLÉ® NESTUM® fruity chews

Makes 12 – 16

#### Ingredients:

- 125 ml NESTLÉ® NESTUM® Maize
- 3 Dried pears
- 3 Dried prunes
- 3 Dried figs
- 3 Dried apricots
- 15 ml Unsalted butter
- 30 ml of the soaking juice
- 3 ml Ground cinnamon

#### Directions:

1. Place the dried fruits into a heatproof bowl
2. Cover with boiling water
3. Let it stand for at least 30 minutes, or soak overnight
4. Preheat the oven to 180°C
5. Remove the dried fruit from the soaking liquid & reserve 30 ml of the liquid
6. Blend until the mixture is chopped & well combined
7. Transfer the mixture to a bowl, mix in the cinnamon & melted butter
8. Add the NESTLÉ® NESTUM® Maize & mix well
9. With floured hands, shape the mixture into balls
10. Place onto a greased baking tray
11. Flatten the balls slightly using the palm of your hand
12. Bake for 15 – 20 minutes, or until lightly browned





# NESTLÉ® NESTUM® tuna fish cakes





## RECIPE

### NESTLÉ® NESTUM® tuna fish cakes

Makes 10 – 14

#### Ingredients:

180 ml NESTLÉ® NESTUM® Maize

1 Small potato

1 Small sweet potato

170 g Tin tuna, drained

1 Egg

4 Spring onions

Cake flour for dusting

15 ml Unsalted butter

5 ml Parsley

5 ml Fresh dill

#### Directions:

1. Peel and dice the potato and sweet potato
2. Boil or steam until tender, mash and place in a mixing bowl
3. Add the melted butter, egg, NESTLÉ® NESTUM® Maize, spring onion, parsley, fennel and tuna
4. Mix until well combined
5. Sprinkle some NESTLÉ® NESTUM® Maize onto the baking tray and in your hand
6. Form small patties of the mixture
7. Fry the fishcakes in a little oil for 2 – 3 minutes per side
8. Drain well on paper towel





It's all good mum!

Ogilvy 30392

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NESLÉ South Africa.

Nestlé  
**Baby & me**

**IMPORTANT NOTICE** A well-balanced diet, both during pregnancy and after delivery, helps sustain an adequate supply of breastmilk. Exclusive breastfeeding is recommended during the first 6 months of life followed by the introduction of adequate nutritious complementary foods, along with sustained breastfeeding up to two years of age and beyond. As babies grow at different rates, seek advice with your health professionals on the appropriate time when your baby should start receiving complementary foods.