



## How to serve Wholegrains to babies (6 months+)



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Introducing wholegrains to your baby is a wonderful way to provide essential nutrients like iron, protein, fibre, vitamins and minerals to support optimal growth and development. This guide transitions through four texture stages—from smooth purees to self-feeding balls - making it perfect for babies 6 months and older as they explore new tastes and textures.

## Ingredients:

1 cup quinoa, brown rice, buckwheat, or millet (choose one or mix)  
3 cups water

**Optional Add-ins:** (choose based on your baby's stage and preferences)

1 medium sweet potato, peeled, cooked and mashed

½ ripe avocado, peeled, pitted and mashed

¼ cup hummus

Pinch of mild spices like cinnamon or turmeric (optional)

## Method

### Cook the Grains

Rinse the chosen wholegrain thoroughly under cold water to remove any bitterness.

Combine the grain and water in a small saucepan and bring to a boil.

Reduce to a simmer, cover, and cook until soft and the liquid is absorbed:

- **Quinoa:** ~15 mins
- **Brown rice:** ~30 mins
- **Buckwheat:** ~20 mins
- **Millet:** ~15 mins

Let the cooked grains cool slightly before proceeding to the desired texture stage.

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## Texture Stages and Serving Sizes

### Thin Purée (6+ Months)

- Blend 1 tablespoon of cooked grains with 2-3 tablespoons of boiled water, breastmilk, or formula until smooth and runny.
- Serving Size: Start with 1-2 teaspoons per feeding, gradually increasing to 1-2 tablespoons as your baby's appetite grows.

### Thick Purée (6-8 Months)

- Blend 2 tablespoons of cooked grains with 1-2 tablespoons of boiled water, breastmilk or formula, or cooked vegetables for a thicker consistency.
- Serving Size: Offer 1-2 tablespoons, increasing up to 4 tablespoons as tolerated.

### Binding Purée (8+ Months)

- Mix 3 tablespoons of cooked grains with 1 tablespoon of mashed sweet potato, avocado, or hummus.
- Serving Size: Offer 2-4 tablespoons, depending on your baby's appetite.

### Self-Feeding Balls (8+ Months)

- Combine 1/4 cup cooked grains with 2 tablespoons of a binding ingredient like mashed sweet potato, hummus, or avocado.
- Roll into soft balls.
- Serving Size: Serve 1 ball at a time, adjusting based on your baby's hunger and chewing ability.

### Loose Cooked Grains (8+ Months)

- Serve the cooked grains as they are, ensuring they are soft and fully cooked.
- Serving Size: Offer 2-4 tablespoons, allowing your baby to explore chewing and self-feeding.

**Storing leftovers:** Store any unused puree or balls in the fridge for up to 2 days or freeze in ice cube trays for 1-2 months.



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## Tips for Cooking Wholegrains for Babies

**This method works for a variety of wholegrains, including:**

- **Wholegrain Pasta:** Cook according to package instructions, then blend or chop into appropriate textures for your baby's stage.
- **Oats:** Use rolled or steel-cut oats. Cook with water, breastmilk or formula until soft, then puree or serve as-is for older babies.
- **Barley, Farro, or Spelt:** Soak these grains overnight for quicker cooking, then boil until tender and use as you would in this recipe.

### **Adjust Cooking Liquid:**

Depending on the grain, you may need to adjust the amount of liquid. Grains like oats or pasta typically require less liquid than quinoa or millet.

**Enhance Flavour Naturally:** Add mild spices like cinnamon, nutmeg, or turmeric for sweetness and depth, or cook grains in unsalted vegetable stock for a richer taste and extra nutrients.

**Batch Cook:** Prepare a larger portion of wholegrains and freeze in baby-sized portions for quick and easy meals.

**Experiment with Textures:** As your baby grows, gradually reduce blending time to introduce more texture, helping them transition to table foods.

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