



Easy No-Cook

QUINOA

4 RECIPES



FOR BABIES (6 MONTHS ABOVE)

RECIPES

RECIPE

1

**Instant Quinoa
Baby Cereal**

RECIPE

2

**Avocado Banana
Quinoa Baby Purée**

RECIPE

3

**Instant Quinoa
Berry Blast Smoothie**

RECIPE

4

**Applesauce-Quinoa
Dessert**

Recipe #1
Instant Quinoa
Baby Cereal
with Blueberry &
Raspberry Toppings



Recipe #1

Instant Quinoa Baby Cereal

Allow us to introduce Nature's Superfoods versatile **Instant Quinoa Powder** - the simple and quick solution for babies starting on solids with Quinoa. Around 6 months, little tummies are ready for wholesome grains like quinoa.

But who has the time to cook? Our instant quinoa powder transforms into quinoa cereal in seconds. ***Just mix powder into breastmilk, formula or warm water, and stir well.*** No fuss, just 100% quinoa nutrition! Instant quinoa powder also acts as a natural thickener for baby's soft foods.

This certified-organic instant powder retains all of quinoa's balanced amino acid profile and mineral content without the addition of sugars, additives or preservatives. It is also gluten-free.

Expose your little explorer's palate to new flavours and train him/her from young to appreciate all of nature's superfoods.



Recipe #1

Instant Quinoa Baby Cereal

Ready in 1-2 minutes

1 Serving for Babies

INGREDIENTS

- 2-3 tablespoons (30g) Nature's Superfoods Instant Quinoa Powder
- 1 small bowl of warm water, breast milk or baby formula, or broth

PREPARATIONS

- Mix 1 tablespoon quinoa powder into warm water/milk/broth.
- Stir well, break clumps, until well mixed.
- Mix 2nd tablespoon of quinoa powder into fluid, stir well. Do the same for the 3rd tablespoon of quinoa powder if you require thicker consistency.



TIPS & GOOD TOKNOW

1. Sprinkle a little spices such as Ceylon Cinnamon
2. Add mashed banana, fruit puree or yogurt for flavor.
3. Sprinkle superberry powders like **acai berry powder** or **camu-camu berry powder** for a boost of vitamin C / antioxidants. Vitamin C promotes iron absorption.

Important nutrients for babies in 30g serving of Instant Quinoa Powder :

- a. Approx. 1.7mg iron
- b. Approx. 4.5g complete protein (with all essential amino acids for tissue development, growth and repair).



Recipe #2
Avocado Banana
Quinoa Baby Purée

Recipe #2

Avocado Banana Quinoa Baby Purée

This **Avocado-Banana-Quinoa** Baby Purée is a simple yet delightful blend that's sure to become a fast favorite with your baby's taste buds, as well as with busy parents who have no time to cook.

This combination of *instant quinoa powder, sweet banana, and creamy avocado* pleases palates while providing balanced nutrition in a wholesome mix of good carbohydrates, complete protein, healthy Omega fats, B vitamins, iron and other essential nutrients in each serving.

Train your little one's palate from young to enjoy healthy whole foods such as leafy greens, superfoods, spices and fruits.



Recipe #2

Avocado Banana Quinoa Baby Purée

Ready in 5 minutes

| 1 Serving for Babies

INGREDIENTS

- 1 large banana (peeled)
- 1 ripe avocado (remove seed and scoop out the flesh)
- ¼ cup of water /breast milk/baby formula
- 2 tablespoons Nature's Superfoods Instant Quinoa Powder

PREPARATIONS

1. Add all ingredients into a blender.
2. Blend until smooth.
3. Serve immediately.



TIPS & GOOD TO KNOW

You can also use vegetables like steamed broccoli florets or carrots, in place of avocado. Examples of iron-rich vegetables are bok choy, kale, spinach, etc.

As infants also require Omega 3 for eye and brain development, it is good to include ½ teaspoon of Chia Seeds to be blended together with the rest of the ingredients.

Recipe #3
Instant Quinoa Berry
Blast Smoothie



Recipe #3

Instant Quinoa

Berry Blast Smoothie

Make mealtime more fun with this tasty treat your little one can drink through a straw. **Raspberries / strawberries, blueberries and banana** create a delightfully tasty blend for this recipe.

Instant quinoa powder adds subtle graininess for more slow-burning energy, B vitamins and protein.

Simply toss all ingredients into your blender and whirl until silky smooth. No cooking or straining required—perfect for busy parents on the go.

Say bye-bye to store-bought smoothie pouches and jars which are typically pasteurized (heated) - pasteurization decreases some nutrients like Vitamin C in the smoothie !



Recipe #3

Instant Quinoa Berry Blast Smoothie

Ready in 5 minutes | 1 - 2 Serving for Babies

INGREDIENTS

- 2 tablespoons Nature's Superfoods Instant Quinoa Powder
 - 1 cup frozen mixed berries (any)
 - 1 banana (peeled)
 - 1 cup milk of your choice
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PREPARATIONS

1. Add all ingredients to a blender.
2. Blend on high speed until smooth & creamy.
3. Serve immediately.



TIPS & GOOD TO KNOW

You can add other ingredients like vegetables or berry powders to up the vitamin levels. Remember to introduce new foods to your baby gradually, one at a time.

For extra nutrient density, try stirring in ½ teaspoon of chia before blending. The seeds will absorb liquid and thickens the smoothie into a pudding-like consistency perfect for babies.

Recipe #4
Applesauce-Quinoa
Dessert



Recipe #4

Applesauce-Quinoa Dessert

Indulge your little one's sweet tooth with this fiber-packed dessert masquerading as a snack! Creamy applesauce joins **nutritious quinoa grains for a blend of complex carbs, complete protein and crisp apple flavor.**

In just minutes, stir quinoa powder into applesauce, little by little. The grains will absorb the sweet juice into a thick and creamy pudding-like texture. No added sugars, just nature's original package of fiber, vitamins and mineral-rich goodness.

Serve chilled for optimal texture. Let your baby discover new combinations of tastes from whole foods!



Wholesome ingredients and balanced flavors make this dessert a hit even with picky eaters. They may even ask for seconds!

Recipe #4

Applesauce-Quinoa Dessert

Ready in 1-2 minutes | **1 Serving** for Babies

INGREDIENTS

- ½ - 1 tablespoon Nature's Superfoods Instant Quinoa Powder
 - 1 small bowl/jar applesauce (store-bought)
 - A pinch of Ceylon Cinnamon (optional)
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PREPARATIONS

1. Add quinoa powder to applesauce, little by little. Stir and mix well.
2. Sprinkle Cinnamon on top (optional).
3. Serve immediately.



TIPS & GOOD TO KNOW

You can also mix Quinoa powder into other fruit purees to create interesting colorful variations. Or sprinkle a little Camu-Camu berry powder to increase the Vitamin C level of this dessert.

Stir in yogurt for added creaminess and calcium. Greek yogurt pairs perfectly with the applesauce and quinoa. Or mash half a banana for natural sweetness and potassium.