

CHOP CHOP Jr.

SPECIAL
EDITION

RECIPES
JUST RIGHT
FOR THE
LITTLEST
COOKS

WITH GUIDANCE FROM



SOLID
STARTS



RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Yogurt and mashed Berry Parfait



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How to Serve Raspberries to Babies

@solidstarts

6 - 9 months
(mash or flatten)



9 - 12 months
(flatten)



12 - 24 months
(whole berry if soft)



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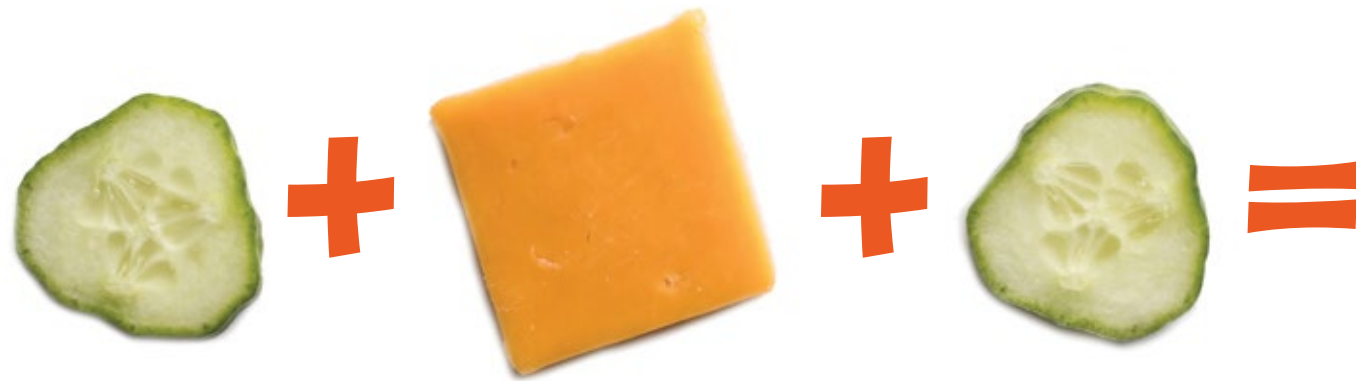
Isabella mashes
the berries
with a fork and
scoops them
onto plain
yogurt.





RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

cucumber + cheddar cheese "Sandwich"



How to Cut Cucumber for Babies

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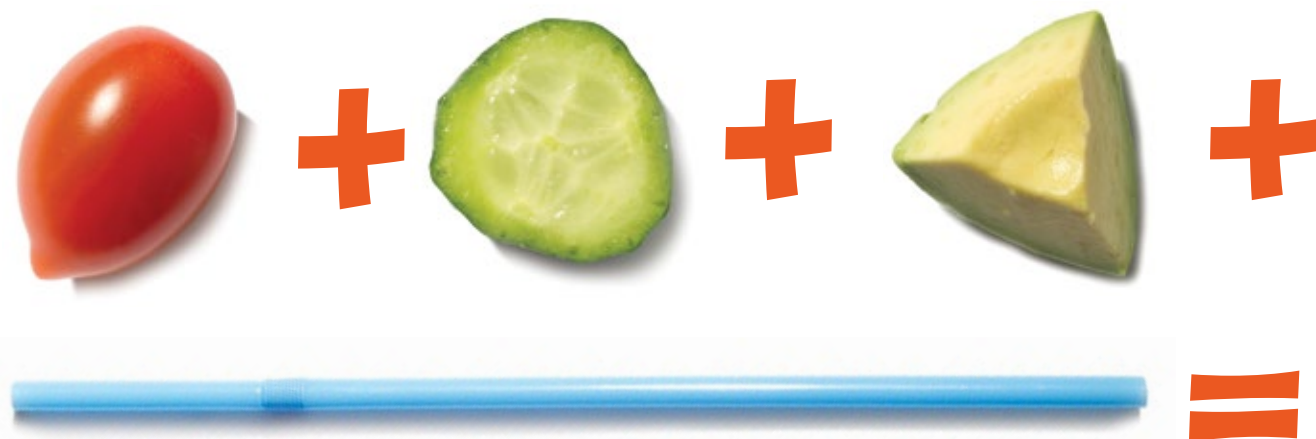
Aayush stacks
up his sandwich
for snacking.





RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Salad on a stick



How to Cut Tomato for Babies

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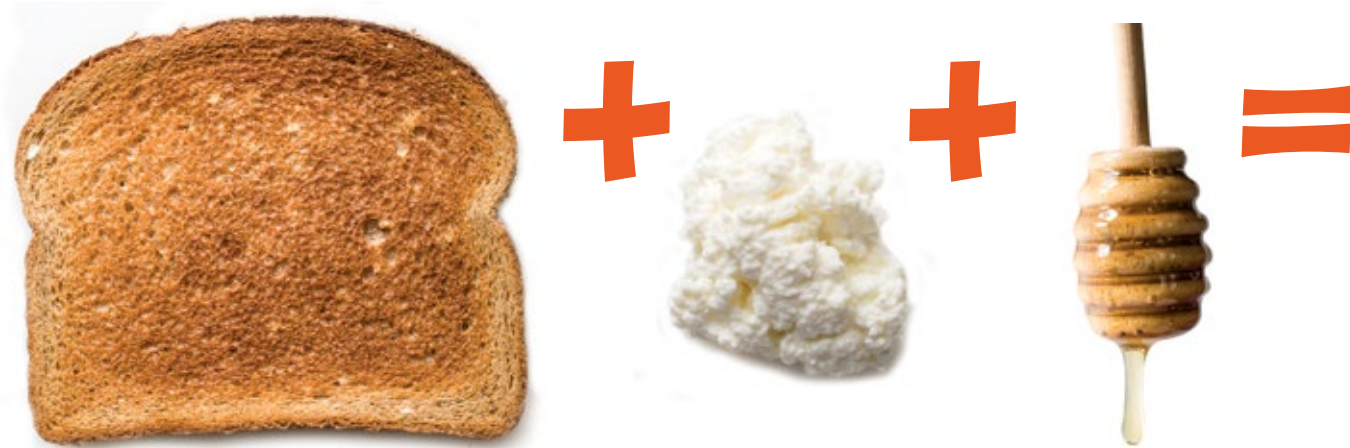
Salad you can
eat with your
hands! And Zoe's
using both of
hers.





RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Toast With Ricotta and Honey



IMPORTANT: Honey should never be served to infants younger than 12 months of age due to the risk of infant botulism.

How to Cut Bread for Babies

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Liam is pretty
excited about
drizzling the
honey!



RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Mashed AVOCADO on a Tortilla



How to Cut Avocado for Babies



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Perla uses a fork
to mash the
avocado right
on her tortilla.

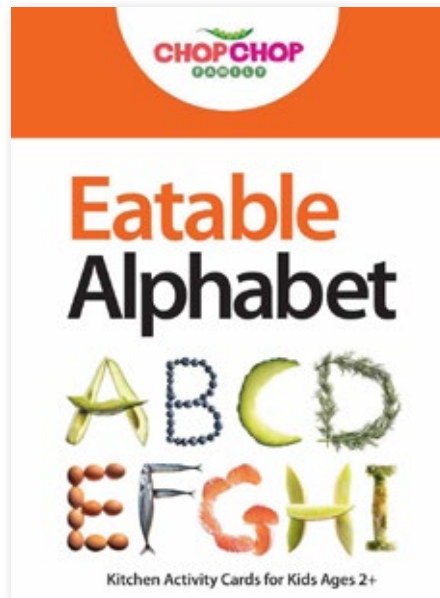




CHOPCHOP

FAMILY

ChopChop Family is the non-profit publisher of the award-winning *ChopChop: The Fun Cooking Magazine for Families* and *Eatable Alphabet*. ChopChop Family's mission is to inspire families to cook and eat real food together. To learn more about ChopChop's mission, and to check out our educational products, please visit www.chopchopfamily.org or @chopchopkids



Solid Starts is the leading platform on introducing real food to babies and is led by a team of pediatric food + feeding experts, doctors, dietitians and infant swallowing specialists. Learn more about the world's First Foods® database for babies at www.solidstarts.com and @solidstarts