

# 5 Toddler-Friendly Recipes to Introduce the 5 Taste Groups



## Sour: Lemon Pancakes

- 1 cup pancake mix
- 1/4 cup milk
- 1/2 Tablespoon sugar
- 1 egg
- 3 Tablespoons yogurt
- 2 teaspoons lemon juice
- 1 Food Mix-in

Whisk all ingredients together in a large bowl.

Heat a nonstick pan over medium heat and add 1/4 cup of pancake batter to the center of the pan. Cook for one to two minutes until the upper side of the pancake is covered in little air holes and the underside is golden brown, and flip. Cook for one to two minutes on the other side and then remove to a plate. Repeat with remaining batter.

## Salty: Congee

- 1/2 cup rice
- 3-4 cups water
- 1 Food Mix-In
- Half pinch salt

Bring water and rice to a boil in a pot, and then reduce heat and let simmer until all water is absorbed.

Take the rice off of the heat and remove the portion for your child. Stir in the packet and salt.

## Umami: Mac & Cheese

- 1 cup cheese, shredded
- 1/2 cup uncooked pasta
- 1 1/2 cups milk
- 1 Tablespoon flour
- 2 tomatoes
- 1 Tablespoon butter or oil
- 1 Food Mix-in, optional

Cook pasta according to package directions. Drain.

In a pot, melt the butter or oil over medium heat and add the flour. Allow it to brown a bit before stirring in the milk, then the cheese. Mix in the pasta and then remove from heat.

Portion the pasta into small ramekins for individual servings. You can add the tomatoes now or after baking.

## Sweet: Berry Parfait

- 1 teaspoon honey
- 1/2 cup yogurt
- 1/3 cup berries
- 1 Food Mix-in

## Bitter: Spinach Sauce

Simply stir the honey and mix-in into the yogurt and top with berries.

- 1 Tablespoon butter or oil
- 2 generous cups spinach
- 1 Food Mix-In
- 1 clove garlic, optional
- 1/4 onion, optional

Heat the oil over medium heat in a frying pan, and add the spinach (and optional garlic & onions). Sauté until limp and dark green in colour.