



Food Combinations To Make Salmon More Appealing To Babies



Salmon with peas and potato

1. Bake a potato and a salmon filet (1 oz) in the oven.
2. Boil peas until soft.
3. Debone the fish and combine it with potato and peas in a blender. You may also serve it without blending it as finger food for older babies.

Salmon with sweet potato

1. Steam cook or bake the salmon (1 oz) and sweet potato (1 cup cubed).
2. Blend deboned salmon, sweet potato, dill (a pinch), and olive oil (1 tsp) till well-combined.
3. Adjust consistency and serve whole as finger food to older babies.



Salmon with spinach

1. Steam cook salmon (1 oz) and 1 potato (cubed).
2. Blanch the spinach (5 oz).
3. Debone the fish and blend it with the spinach and potato with some butter (1 tbsp). Serve whole as finger food to older babies.

