



## BABA GANOUSH RECIPE

FROM  
AROUND 7  
MONTHS

GLUTEN  
FREE

VEGGIE

Baba ganoush might not be something you'd think about making for your baby, but this popular Middle Eastern dish is easy to make, uses nutritious ingredients and will excite your little one's palate.

Our recipe is adapted to suit tiny tastebuds, so they can enjoy the new flavours of baba ganoush (or baby ganoush, if you will).

### WHAT YOU NEED

- 1 aubergine
- 1 tbsp Tahini
- 2 tbsp Greek yoghurt
- 1 garlic clove
- ½ tsp lemon juice
- **Optional:** Babease Stage 1 pouch for additional flavour (we love the sweet potato, carrot and cauliflower pouch for this recipe)

### WHAT TO DO

1. Preheat the oven to 200 degrees Celsius. Line a baking sheet with greaseproof paper (it stops the aubergines sticking to the tray).
2. Cut the aubergine in half, lengthwise, and brush the cut side with olive oil. Place the aubergines on the baking sheet, cut side down, and roast for 35-40 minutes.
3. When the aubergine is soft throughout, set it aside to cool. Then scoop out the flesh, and recycle the skin.
4. Place the aubergine flesh in a strainer or sieve to remove as much liquid as possible. Let it rest for a few minutes, then give it a stir to drain.
5. Pop the aubergine flesh in a food processor with the tahini, yoghurt, garlic, lemon juice and, if you've chosen to use it, the Babease pouch. Blend until smooth. If you don't have a food processor, then you can combine these ingredients by hand, although it will take a little longer to make it smooth.
6. Serve the baba ganoush in a bowl, and enjoy!