



## BABY BRUSSELS SPROUT SALAD

FROM  
AROUND 7  
MONTHS

10 MINS  
PREP

GLUTEN  
FREE

Brussels sprouts are a festive classic and a great veggie choice for weaning babies. Our Brussels sprout salad introduces additional exciting flavours to the plate to inspire your little one's taste buds.

### WHAT YOU NEED

200g Brussels sprouts  
1/2 Butternut squash  
1 Apple  
20g Parmesan cheese  
Lemon juice  
Olive oil  
**Optional:** Fried bacon chunks (for 12 months+)

### WHAT TO DO

1. Cut the Brussels sprouts into quarters. Chop the butternut squash into small chunks (about 1-inch). Peel and dice the apple. Toss all in a baking tray with olive oil and roast until soft - around 30-40 minutes.
2. Allow the softened fruit and veg to cool a little and pop into a bowl. Add a squeeze of lemon juice, sprinkle over some grated Parmesan cheese and give it a quick stir to combine.
3. For babies 12 months and over, you can add in a few little pieces of cut up bacon for extra flavour and texture!