

Finger foods – in pictures

Fruit and veg: the original finger foods



Fruits cut into bite-size pieces are the perfect introduction to finger foods for toddlers. Start with manageable chunks of soft fruits or ripe pear.



Diced vegetables including potato, pumpkin and peas make great finger foods. Steam or microwave the veges and give them time to cool.



'Sticks' of salad vegetables such as cucumber and capsicum can be served with meals or snacks. It's best to leave the skin on (it's where lots of the goodness is). Some kids like to dunk vegie sticks in dips such as hommos or guacamole.

What to serve with vegies



Serve vegies with bite-size pieces of fish, chicken, meat or tofu. Or try mini meatballs made from lean mince, tuna or chickpeas.



Hard-boiled eggs go nicely with salad vegetables and bite-size pieces of egg roll are a great complement to diced, steamed vegies. You can turn the egg roll into an omelette by filling it with grated pumpkin, peas and cheese.



Chunks of cheese and pieces of pasta – either plain or with sauces such as bolognaise – are another option. Choose pasta shapes which are easy to hold such as penne, bow ties or shells.

Bread, toast and sandwiches



Toast 'soldiers' are popular with toddlers. You can serve them plain, spread with avocado and Vegemite, or even mashed banana.



Also try simple soft sandwiches on high-fibre bread. Yummy fillings include egg mashed with mayonnaise, avocado and Vegemite, mashed banana, mashed roasted sweet potato, jam and cheese.



Homemade pikelets are a nice treat for toddlers. Cook them plain or add some fresh or frozen blueberries to the batter. Don't forget to let them cool!