

Franka Lederbogen

Sugar-free **BAKING FOR BABIES**



Free Sample

veggie+

For your happy eater

The German National Library lists this publication in the German National Bibliography; detailed bibliographic data is available on the Internet at www.dnb.de.

Sugar-free baking for babies (Christmas Edition): The big baking book with Christmas recipes without sugar for babies and toddlers (Sugar-free baby-led weaning recipes for Christmas)
by Franka Lederbogen

Studienscheiss GmbH
Oppenhoffallee 143, 52066 Aachen, Germany
kontakt@studisheiss.de
Managing Director: Dr. Tim Reichel, M. Sc.
Registry court: Local Court Aachen
Registration number: HRB 19105
VAT ID No.: DE295455486

1st edition, November 2023

© 2023 veggie + (an imprint of Studisheiss-Verlag)

ISBN: 978-3-98597-142-8 (Softcover)
ISBN: 978-3-98597-143-5 (Hardcover)
ISBN: 978-3-98597-144-2 (PDF)
ISBN: 978-3-98597-145-9 (EPUB)

All rights reserved. The contents of this book are protected by copyright. No part of this work may be reproduced in any form or processed by electronic systems without the permission of the publisher.

Disclaimer: The recipes presented in this book as well as the theoretical explanations on the subject of introducing complementary feeding are the result of the author's practical work. All tips, explanations and recipes described are merely suggestions as to how certain effects can be achieved with certain means. The use and implementation of the described tips are at your own risk. Neither the author nor the publisher accept any responsibility for consequences of any kind whatsoever that have occurred or will occur after the use of one or more of the tips or recipes described.

Copy editing and proofreading: Delia Hansen, Piet Retief
Editor: Hannah Dautzenberg, Aachen
Cover design, layout and typesetting: Tim Reichel, Aachen
Cover illustration: alexanderon / shutterstock.com
Photo: Franka Lederbogen, Singapore
Manufacturer: Amazon or a subsidiary
Printed in Germany

Free Sample

Franka Lederbogen

Sugar-free baking for babies (Christmas Edition)

The big baking book with Christmas recipes without
sugar for babies and toddlers



veggie +

Content

Introduction.....	9
Introducing Solids.....	17
The Basics	18
Introducing Solids Safely.....	22
Unsuitable Foods	23
Milk and Introducing Solids.....	26
Sugar for Babies	27
Cookies, Biscuits & Pastry.....	31
Apple Cinnamon Cookies	32
Lebkuchen.....	34
Roasted Almond Cookies.....	36
Cinnamon Stars	38
Hazelnut Cookies	40
Viennese Nut Crescents	42
Shortbread Cookies.....	44
Orange Spice Cookies	46
Pumpkin Cookies	48
Sweet Potato Cookies.....	50
Speculaas Cookies	52
Almond Macaroons	54
Vegan Coconut Macaroons.....	56
Vanilla Chickpea Cookies	58
Almond Cookies	60
Cheesecake Cookies	62
Gingerbread.....	64
Muffins & Brownies	67
Lebkuchen Muffins	68

Apple Cinnamon Muffins	70
Pumpkin Spice Muffins	72
Almond Brownies	74
Pumpkin Brownies	76
Carrot Cake Blondies	78
Pancakes & Waffles	81
Lebkuchen Pancakes	82
Pancake Cake	84
Apple Cinnamon Pancakes	86
Coconut Almond Pancakes	88
Pumpkin Waffles	90
Speculaas Waffles	92
Baked Apple Waffles	94
Chocolate Waffles	96
Cakes & Breads	99
Apple Pockets	100
Almond Cinnamon Knots	102
Orange Cake with Frosting	104
Christmas Sheet Cake	106
Pumpkin Pie	108
Stollen	110
Fruit Bread	112
Banana Bread	114
Spices, Toppings & Jams	117
Pumpkin Spice	118
Speculaas Spice	120
Lebkuchen Spice	122
Gingerbread Spice	124
Stollen Spice	126
Lebkuchen Frosting	128

Orange Chocolate	130
Chai Buttercream	132
Apple Cinnamon Jam	134
Orange Vanilla Jam	136
No Baking	139
Marzipan Balls.....	140
Lebkuchen Chia Pudding.....	142
Nut Bar	144
Snowballs.....	146
Lebkuchen Balls.....	148
Speculaas Balls.....	150
About and Thanks	153
About the Book	154
About the Author.....	155
Thank You.....	156
Bonus material	159



Introduction

Joy to the world!

Hi, I'm Franka, mother of two wonderful babygirls, nutritionist, specialist for baby-friendly introduction to solids and baby-led weaning.

December is one of my favorite times of the year. I love the cozy atmosphere with decorated windows and Christmas lighting. A walk through a fragrant Christmas market with its unique holiday treats add to the joy.

Since the birth of my children, the Christmas season has changed. I hope my girls will enjoy this time as much as I do. But, as much of that enjoyment comes from the warm drinks and Christmas pastries, they probably aren't suitable for babies due to their high sugar content.

My eldest daughter didn't eat any processed sugar until she was 18 months old. (For me, that was a long time, considering how often relatives tried to offer her sweets in-between at that age!). This strategy also worked for almost as long with my youngest.

My eldest daughter is a December baby. So, by her first Christmas, she was almost 12 months old and already a proficient eater. Exactly the age at which babies often want to eat what mom eats. I, of course, wanted to share my Christmas treats with her and thought: How can I offer her Christmas cookies without processed sugar? This question gave me the idea of turning classic recipes into sugar-free versions and testing new recipes without sugar. That's how this book was born.

Let's be realistic: It is only possible to avoid processed sugar to a certain extent. In my opinion, you don't have to avoid it 100%. Consuming it to a lesser degree already makes a difference and this can be controlled particularly well with sugar-free alternatives.

I've brought you my favorite classic recipes for sugar-free baking in this book, all of which use natural sweeteners. Babies can eat the treats themselves or with assistance. They are ideal for the winter months but are also great for snacking throughout the year.

From the moment the little ones show signs to be ready for solids, you can use many of the recipes, for others, baby may need more practice. The recipes also include tips for you. In addition, you will learn when you should start with the introduction of complementary feeding (solids), the signals that indicate they are ready, and which foods are not allowed.

Before we get started with the recipes, the following pages cover the topics of sugar, spices, solid food readiness, and other important information about sugar-free baking. Lastly, there's a chapter on the theory of baby lead weaning and the baby-friendly introduction of solids. The book contains some basics for you to keep in mind.

Important information about the book

I have written this cookbook with great care based on my expertise, and many years of cooking and baking experience. Nevertheless, the book is not a scientific nutrition guide. It cannot replace a visit to a nutritionist for children, or a pediatrician.

All recipes have been compiled without taking into account individual intolerances and allergies. Therefore, please check in advance whether the ingredients of the recipes are suitable for you and your family, or whether ingredients may need to be replaced.

No refined sugar

Sugar was an important source of energy in times of food shortages. Today, however, there is an oversupply, and it is found in a majority of processed foods, primarily in refined form. The recipes in this cookbook do not contain refined sugar. Since neither honey nor maple syrup are not allowed for babies under 1 year, these ingredients are also omitted from the recipes. To ensure that the snacks and nibbles still taste good, the recipes make use of the natural sweetness of fruit and vegetables. In the end, it's up to you to decide how sweet you want the treats to be. That's why you can adjust the recipes according to the sweetness. More information about sugar and natural sweetening can be found in the chapter on basics, starting on page 18.

Adjustments

Since babies and children usually eat less than adults, the portion sizes are adjusted accordingly. If you are preparing the recipes for your family or guests, you can multiply the quantities.

From “introducing solids” to “experienced eaters”

All recipes listed in this book contain the note “introducing solids” or “experienced eaters”. These notes describe the stage of development at which your baby can eat these snacks. I describe introducing solids in more detail in the basics chapter (page 17). A few months after being mature enough to start on solid food, babies master the pincer grip: Things can now be picked up with the thumb and index finger. This developmental step is a milestone in the introduction of complementary feeding. You'll find that after a few months of introducing complementary foods, your baby will be much better at handling food in a variety of forms. From this point on, you can classify your baby as a skilled eater.

Christmas spices

Spices play a major role in creating a fragrant Christmas. You can either buy the spice mixtures used in the recipes listed here or make them yourself quickly and easily according to my recipes. Then you have the peace of mind to know what is in each food you've made. Spices are generally allowed in processed form from the time the baby is ready to eat. There are advantages to including spices in baby food right from the start — for example to prevent picky eating behavior later on.

Vegan recipes and vegan options

Some recipes in this cookbook are vegan, while others contain non-vegan ingredients. In all recipes, you can substitute ingredients with your vegan alternatives as needed. I do not recommend a purely vegan complementary diet, but nutrient-rich vegan foods do not have to be excluded from the menu. A well-prepared vegan meal or a vegan snack is a sensible option now and then.

No teeth necessary

All recipes listed here are baby-friendly. Neither the recipes in this cookbook nor complementary feeding in general require your baby to have teeth. The

recipes labelled “introducing solids” are soft enough that your baby's palate, tongue, and chewing ridge can chew them into a state ready to swallow. For the recipes marked “experienced eaters,” your baby does not need to have teeth either as babies at this stage of development already know how to soften food with their saliva and break it down so it's ready to be swallowed. To be on the safe side, please also look at the list of unsuitable foods in the basics chapter (page 17).

Baking times and storage

Ovens bake differently, which is something you should keep in mind when it comes to baking times. Therefore, it sometimes makes sense to increase or decrease the baking time. You know your oven best. The storage times in the recipes are only approximate and depend on the temperature and the particular storage container.

Family recipes

The best environment for babies to learn to eat independently is when they eat together with the family. Enjoying Christmas treats together is more fun anyway! All recipes could be used for the whole family. The portion sizes can easily be adapted.

Photos and bonus material

This cookbook has a modern and minimalist design. Therefore, the publisher and I have done without photos and colorful pictures. As we understand the visual appeal of food, you can still get a picture of all the recipes in this cookbook, because I have baked and photographed each recipe myself. In addition to this book, you'll receive a bonus book from us which features all of the recipes. Simply follow the link or the QR code at the end of this book and download the online baking book (including photos) for free.

What you need for the recipes

To bake the sugar-free recipes, you don't need any sugar. The recipes are designed to be low-in-effort and you probably already have most of the ingredients in your kitchen. All you need is an oven and the following baking utensils:

- ✓ waffle iron
- ✓ coated pan
- ✓ mixing bowl
- ✓ hand mixer
- ✓ blender or food processor
- ✓ grater
- ✓ kitchen scale
- ✓ muffin tins/silicone, or a muffin tray
- ✓ springform pans made of sheet metal or silicone
- ✓ tin or silicone loaf pans
- ✓ baking tray
- ✓ baking paper

That's it! Now we can get started. May you and your baby have a wonderful holiday season and lots of fun baking the recipes.

Yours,
Franka



Introducing Solids

The Basics

Before we can get started with the recipes, it's important that you know the basics of introducing solids as complementary nutrition to milk in a baby-friendly way, which is why I'll cover them in this chapter. This will help you know how to safely introduce solids. If your child is no longer in this phase, you can jump directly to the recipes.

What is baby-led weaning?

Baby-led weaning (BLW for short), means weaning from breast milk or formula in conjunction with the introduction of complementary foods in solid form. In other words, the baby decides when to wean and when to start complementary feeding. Classic feeding of baby purees is dispensed with.

The idea is that your baby eats at the family table at the usual times. Your task is to offer healthy and varied complementary foods in a baby-friendly form. Your baby decides how much of it he or she eats and can eat most of the family's meals from the time he or she is introduced to solids. There are only a few exceptions that should not be offered. These include salt, honey, and raw meat. I will explain the background on this in more detail later in the chapter.

Letting a baby eat on their own has many benefits:

- ✓ Learning to eat through play
- ✓ Practicing important motor skills
- ✓ Promotes independence and gives the baby control
- ✓ Promotes self-control as your baby can stop when full, thus, there is no overfeeding
- ✓ Mitigates later problems with obesity

- ✓ Simplifies the preparation of meals because babies usually want to eat what the grown-ups eat
- ✓ Prevents the development of picky eaters due to the variety of different foods and textures
- ✓ Strengthens the family feeling by sharing meals and at the same time learning by copying

What is complementary feeding?

Let's start with a definition from literature:

- ✓ Complementary food is everything that babies get besides breast milk or infant formula [...]" (Federal Center for Health Education, 2023).

Or, in a nutshell:

- ✓ Complementary food; in addition to the usual meals" (DUDEN).

Accordingly, complementary feeding is food that is offered in addition to the usual milk meal. Complementary feeding is not intended for weaning. So, you can think of complementary feeding as a process of introducing solid foods in a developmentally appropriate way. During this process, you introduce your baby to a variety of foods in small steps.


When should I start complementary feeding?


Nowadays, solids are introduced later than they were a few years ago. We wait for the baby's physiological maturity to be able to eat complementary foods safely and no longer start from a calculated date. From the so-called "complementary food maturity," your baby is able to eat and digest solids by himself. This is the right time to start.




Cookies, Biscuits & Pastry

Apple Cinnamon Cookies

 **Minutes: 10**
(+ 20 min. baking
time)

 **Introducing Solids**

 **Servings: 18**
(cookies)

Ingredients:

- ✓ 2 tsp. almond paste
 - ✓ 1 ¼ cups fine oat flakes
 - ✓ 1 cup apple puree
 - ✓ 1 tsp. Ceylon cinnamon
-

Preparation:

1. Preheat the oven to 320 °F for convection ovens (355 °F for top and bottom heat). Prepare a baking tray lined with baking paper.
2. Put all ingredients in a bowl and mix with a fork to form a dough.
3. Taste the dough and add more cinnamon or apple puree as needed.
4. With clean hands, shape the dough into teaspoon-sized cookies and spread evenly on the baking sheet.
5. Place the baking sheet in the center of the oven and bake the cookies for 20 minutes.
6. Remove the apple cinnamon cookies from the oven and allow to cool before serving.

🏠 Storage:

- ✓ The cookies can be stored for several days in a closed container.
 - ✓ The cookies can be frozen and thawed at room temperature.
-

💡 Tips:

- ✓ This recipe is easy to prepare. For a little variety, add washed and cut berries.
- ✓ The cookies are well suited for decorating with sugar-free chocolate (recipe on page 130). To do this, melt the chocolate in a bowl over a double boiler and spread it on the cookies. Then allow both cookies and chocolate to cool.

Lebkuchen

🕒 **Minutes: 15**
(+ 40 min. baking
and waiting time)

👤 **Introducing Solids**

🍴 **Servings: 18**
(pieces)

🛒 **Ingredients:**

- ✓ ⅔ cup spelt flour
- ✓ 2 eggs
- ✓ 1 tbsp. baking cocoa
- ✓ 8 dates
(pitted)
- ✓ ½ organic orange
- ✓ ½ cup ground almonds
- ✓ ⅓ cup ground hazelnuts
- ✓ 1 tsp. cream of tartar
- ✓ 1 tsp. Lebkuchen spice
(recipe on page 122)

♥ **Preparation:**

1. Wash the orange half, grate the peel with a fine grater and squeeze out the juice.
2. Beat the eggs in a bowl with a hand mixer, mix with the orange juice and soak the dates in it for 20 minutes. Then puree the date mixture with a blender to a paste.
3. Preheat the oven to 320 °F convection (355 °F for top and bottom heat). Prepare a baking tray lined with baking paper.

4. Combine the date paste with the flour, baking cocoa, cream of tartar and orange zest in a bowl with a hand mixer to form a dough.
 5. Mix the almonds, hazelnuts, and Lebkuchen spice into the dough as well.
 6. With clean, damp hands, shape the dough into small balls. Spread the balls evenly on the baking sheet and press flat.
 7. Place the baking sheet in the center of the oven and bake the gingerbread for 20 minutes.
 8. Remove the Lebkuchen from the oven and allow to cool before serving.
-

Storage:

- ✓ The Lebkuchen can be stored in a closed container for several days.
-

Tips:

- ✓ Lebkuchen is the German version of gingerbread.
- ✓ For a nice shine, brush the Lebkuchen with a beaten egg before baking.
- ✓ Sugar-free chocolate (recipe on page 130) makes a lovely glaze for this. Simply melt the chocolate in a bowl over a double boiler and spread it onto the Lebkuchen. Then allow the chocolate to cool.



Muffins & Brownies

Lebkuchen Muffins

🕒 **Minutes: 10**

(+ 45 min. baking and waiting time)

👤 **Introducing Solids**

🍴 **Servings: 12**

(muffins)

🛒 **Ingredients:**

- | | |
|--------------------------|--------------------------|
| ✓ 1 cup apple puree | ✓ 15 dates |
| ✓ 1 cup oat flakes | (pitted) |
| ✓ ½ cup (vegan) butter | ✓ 3 tbsp. orange juice |
| ✓ ½ cup ground almonds | ✓ 1 tsp. cream of tartar |
| ✓ ½ cup ground hazelnuts | ✓ 2 tsp. Lebkuchen spice |
| | (recipe on page 122) |
-

♥ **Preparation:**

1. Soak the dates in a bowl of warm water for 20 minutes. Then drain the water and puree the dates with a blender.
2. Preheat the oven to 340 °F convection (375 °F for top and bottom heat).
3. Grease muffin baking pan or muffin tins.
4. Mix the date puree, apple puree, butter, and orange juice in a bowl with a hand mixer.
5. Gradually add the oats, nuts, spices, and cream of tartar and mix until smooth.

6. Divide the batter evenly into the muffin tin.
 7. Place the muffins in the center of the oven and bake for 25 minutes.
 8. Remove the Lebkuchen muffins from the oven and allow to cool before serving.
-


Storage:


- ✓ The muffins can be stored for several days in a closed container.
 - ✓ The muffins can be frozen and thawed at room temperature.
-


Tips:

- ✓ Lebkuchen is the German version of gingerbread.
- ✓ To make the muffins a little more festive, garnish them with stiffly whipped cream and Lebkuchen spice.

Apple Cinnamon Muffins

 **Minutes: 10**
(+ 25 min. baking
time)

 **Introducing Solids**

 **Servings: 12**
(muffins)

Ingredients:

- | | |
|------------------------|--------------------------|
| ✓ ¾ cup spelt flour | ✓ 1 cup ground almonds |
| ✓ ⅔ cup natural yogurt | ✓ 3 ½ tbsp. rapeseed oil |
| ✓ 3 medium apples | ✓ 1 tsp. cream of tartar |
| ✓ 2 eggs | ✓ 1 tsp. Ceylon cinnamon |
-

Preparation:

1. Preheat the oven to 340 °F convection (375 °F for top and bottom heat).
2. Grease muffin baking pan or muffin tins.
3. Peel and core the apples and grate them finely.
4. Beat the oil, yogurt, and eggs in a bowl with a hand mixer until foamy.
5. Add the remaining ingredients to the batter as well and mix.
6. Divide the batter evenly between the cups of the muffin tin and place them in the center of the oven. Bake the muffins for 25 minutes.

7. Remove the apple cinnamon muffins from the oven and allow to cool before serving.
-

🏠 Storage:

- ✓ The muffins can be stored for several days in a closed container.
 - ✓ The muffins can be frozen and thawed at room temperature.
-

💡 Tip:

- ✓ To make the muffins a little more festive, garnish with stiffly whipped cream and cinnamon.



Pancakes & Waffles

Lebkuchen Pancakes

🕒 **Minutes: 15**
(+ 10 min. baking
time)

👤 **Introducing Solids**

🍴 **Servings: 10**
(mini pancakes)

🛒 **Ingredients:**

- ✓ 1 cup oatmeal
- ✓ 2 tsp. almond paste
- ✓ 2/3 cup milk
- ✓ 1 tbsp. canola oil
- ✓ 1 ripe banana
- ✓ 1 tsp. Lebkuchen spice
(recipe on page 122)

♥ **Preparation:**

1. Peel the banana and blend with the rolled oats, milk, almond paste, and spice in a tall container with a blender until smooth.
2. Use 2 tablespoons of batter per pancake and cook in a non-stick pan with the oil over medium heat for about 1 minute on both sides. Depending on the pan size, you can cook several pancakes in the pan at the same time.
3. Allow the Lebkuchen pancakes to cool before serving.


🏠 Storage:


- ✓ The pancakes can be stored for several days in a closed container.
 - ✓ The pancakes can be frozen and defrosted at room temperature.
-


💡 Tip:

- ✓ For more sweetness, spread orange marmalade (recipe on page 136) onto the pancakes.

Pancake Cake

 **Minutes: 15**
(+ 15 min. baking
time)

 **Introducing Solids**

 **Servings: 1**
(cake)

Ingredients:

- | | |
|-------------------------|--|
| ✓ ¾ cup spelt flour | ✓ 1 egg |
| ✓ 7 tbsp. milk | ✓ 1 tsp. cream of tartar |
| ✓ 2 tbsp. apple puree | ✓ 1 tsp. Ceylon cinnamon |
| ✓ 1 ripe banana | ✓ 1 tbsp. canola oil |
| ✓ ¼ cup sparkling water | ✓ 2 tbsp. orange marmalade
(recipe on page 136) |
| ✓ 2 tbsp. baking cocoa | |

Preparation:

1. Beat the egg in a bowl with a whisk until foamy.
2. Peel the banana and mash it in a bowl with a fork to a fine pulp.
3. Add the egg, with the apple puree and milk, to the banana and mix everything with a fork.
4. Then add the flour, cream of tartar and cinnamon and stir until smooth.
5. Gently stir the sparkling water into the batter.

6. Divide the pancake batter into 2 halves and stir the cocoa into one half.
 7. Fry 6 equal-sized pancakes at a time in a non-stick pan with the oil over medium heat for about 1 minute on each side.
 8. Allow the pancakes to cool and spread with jam.
 9. Alternate one light and one dark pancake on top of each other until a cake is formed.
 10. Allow the cake to set in the refrigerator until ready to serve.
-

🏠 Storage:

- ✓ In a closed container, the cake can be stored in the refrigerator for several days.
 - ✓ The pancakes can be frozen (without jam) and defrosted at room temperature.
-

💡 Tip:

- ✓ For a wintry topping use the Lebkuchen frosting (recipe on page 128) to decorate the cake.



Cakes & Breads

Apple Pockets

🕒 Minutes: 15
(+ 20 min. baking
time)

👤 Introducing Solids

🍽 Servings: 8
(pockets)

🛒 Ingredients:

- ✓ 7 tbsp. apple puree
- ✓ 2 tbsp. organic raisins
- ✓ 1 egg
- ✓ ½ tsp. Ceylon cinnamon
- ✓ ½ vanilla bean
- ✓ 7 oz ready puff pastry
(without sugar)

♥ Preparation:

1. Preheat the oven to 355 °F convection (390 °F for top and bottom heat). Prepare a baking tray lined with baking paper.
2. Finely chop the raisins with a knife.
3. Scrape out the pith of the vanilla bean with a spoon or knife.
4. Mix the apple puree with the chopped raisins, vanilla pulp, and cinnamon in a bowl with a fork.
5. Roll out the puff pastry on the baking sheet and cut into 6 equal squares with a knife.
6. Separate the egg.

7. Divide the apple-raisin mixture evenly among the pastry squares and brush the edges with the egg white.
 8. Fold the squares diagonally into triangles and press the edges with a fork.
 9. Brush the sealed apple pockets with the egg yolk.
 10. Place the baking tray in the center of the oven and bake the apple pockets for 20 minutes.
 11. Remove the apple pockets from the oven and allow to cool before serving.
-

🏠 Storage:

- ✓ In a closed container, the apple pockets can be stored for several days.
-

💡 Tip:

- ✓ The apple pockets can be frozen before baking and put in the oven to defrost and finish baking. The baking time increases accordingly by a few minutes.

Almond Cinnamon Knots

🕒 **Minutes: 30**

(+ 2 h baking and waiting time)

👤 **Introducing Solids**

🍴 **Servings: 12**

(small knots)

🛒 **Ingredients:**

- | | |
|--------------------------|--------------------------|
| ✓ 2 cups spelt flour | ✓ 2/3 cup ground almonds |
| ✓ 7 tbsp. milk | ✓ 2 tbsp. apple puree |
| ✓ 6 tbsp. (vegan) butter | ✓ 1 tsp. Ceylon cinnamon |
| ✓ 5 tbsp. date syrup | ✓ 1/4 block fresh yeast |
-

♥ **Preparation:**

1. Allow the butter to soften at room temperature.
2. Heat the milk in a saucepan until lukewarm.
3. Crumble the yeast with your hands and put it in a bowl with the milk and 1/2 teaspoon of date syrup. Mix everything with a hand mixer until the yeast has dissolved. Cover the mixture and allow to rest for 15 minutes.
4. Put the flour in a bowl and make a well in the center. Place the apple puree, 3 tablespoons of date syrup, the yeast milk, and all but 1 tablespoon of the softened butter in the well.

5. Using a wooden spoon, mix the ingredients in the center and slowly incorporate the flour until all the ingredients are incorporated and a firm dough is formed. Knead the yeast dough on a floured work surface for 2 to 3 minutes with clean hands.
 6. Shape the yeast dough into a ball, place it in a bowl and allow to rest, covered, in a warm place for 1 hour.
 7. Preheat the oven to 320 °F convection (355 °F for top and bottom heat) and provide a baking tray lined with baking paper.
 8. For the filling, mix the remaining butter, date syrup, almonds, and cinnamon in a bowl with a hand mixer.
 9. Roll out the dough into a rectangle on a floured work surface and spread filling mixture over one half of the dough. Then place the other half of the dough on top and press down on the edges. Place the dough on top of each other again and roll out into a rectangle. Then cut 12 strips similarly sized pieces from the dough.
 10. Form a knot from each strip of dough and spread evenly on the baking sheet.
 11. Place the baking sheet in the center of the oven and allow to the knots to bake for 25 minutes.
 12. Remove the almond cinnamon knots from the oven and allow to cool before serving.
-

Storage:

- ✓ In a closed container, the knots can be stored for several days.



Spices, Toppings & Jams

Pumpkin Spice

🕒 **Minutes:** 5

👤 **Introducing Solids**

🍴 **Servings:** 1
(small jar)

🛒 **Ingredients:**

- ✓ 8 tsp. Ceylon cinnamon
 - ✓ 2 tsp. ground ginger
 - ✓ 2 tsp. ground nutmeg
 - ✓ 1 tsp. ground cloves
-

♥ **Preparation:**

1. Use a jar that can be sealed tightly.
 2. Put all ingredients in a bowl and mix with a spoon.
 3. Using a funnel, pour the pumpkin spice into the jar for storage.
-

🏠 **Storage:**

- ✓ The spice blend will keep in an airtight container for several months, depending on the use-by date of the ingredients used.

💡 **Tip:**

- ✓ Pumpkin spice or pumpkin pie spice is an aromatic spice blend which is a great match for winter recipes such as cookies, muffins, cakes, waffles, and even hot drinks.

Speculaas Spice

🕒 **Minutes:** 5

👤 **Introducing Solids**

🍴 **Servings:** 1
(small jar)

🛒 **Ingredients:**

- ✓ 8 tsp. Ceylon cinnamon
 - ✓ 1 tsp. ground cardamom
 - ✓ ½ tsp. ground ginger
 - ✓ 2 tsp. ground nutmeg
 - ✓ 2 tsp. ground cloves
 - ✓ 1 tsp. ground white pepper
-

♥ **Preparation:**

1. Use a jar that can be sealed tightly.
 2. Put all ingredients in a bowl and mix with a spoon.
 3. Using a funnel, pour the speculaas spice into the jar for storage.
-

🏠 **Storage:**

- ✓ The spice blend will keep in an airtight container for several months, depending on the use-by date of the ingredients used.

💡 **Tips:**

- ✓ The dried zest of an orange provides an even more Christmassy flavor.
- ✓ Speculaas spice is great for wintry recipes such as cookies, muffins, cakes, waffles, and even hot drinks.



No Baking

Marzipan Balls

🕒 **Minutes: 10**

(+ 1 h waiting time)

👤 **Experienced Eaters**

🍽️ **Servings: 10**

(balls)

🛒 **Ingredients:**

- ✓ 2 tbsp. date syrup
 - ✓ 1/4 cup dark almond paste
 - ✓ 1 tbsp. baking cocoa
 - ✓ 1 tsp. Ceylon cinnamon
 - ✓ 1 tsp. almond flavor
(bitter type preferred)
-

♥️ **Preparation:**

1. Prepare a base with baking paper.
2. Knead the almond paste, date syrup, and almond flavor in a bowl with a spoon until a firm dough forms.
3. Mix the baking cocoa and cinnamon in a bowl.
4. Form teaspoon-sized balls from the dough and then roll them in the cocoa-cinnamon powder.
5. Space evenly on the prepared base and place in the refrigerator for 1 hour.

🏠 Storage:

- ✓ In a closed container, the balls can be stored in the refrigerator for two weeks.
-

💡 Tip:

- ✓ As an alternative to the cocoa-cinnamon mixture, the balls can also be rolled in ground almonds or coconut flakes.

Lebkuchen Chia Pudding

🕒 **Minutes: 10**

(+ 4 h waiting time)

👤 **Introducing Solids**

🍴 **Servings: 2-3**

🛒 **Ingredients:**

- ✓ 2 tbsp. chia seeds
 - ✓ 2 tbsp. baking cocoa
 - ✓ 9 tbsp. milk
 - ✓ ½ tsp. Lebkuchen spice
(recipe on page 122)
 - ✓ 1 tbsp. date syrup
-

♥ **Preparation:**

1. Place all ingredients in a bowl and mix with a hand mixer for 1 to 2 minutes.
 2. Cover the bowl and refrigerate for at least 4 hours or overnight.
 3. Divide the Lebkuchen chia pudding into small bowls for serving.
-

🏠 **Storage:**

- ✓ In a closed container, the pudding can be stored for several days.

💡 **Tips:**

- ✓ Lebkuchen is the German version of gingerbread.
- ✓ For a fruity taste, the pudding can be decorated with sliced oranges.
- ✓ To make a speculaas chia pudding, the Lebkuchen spice can be substituted with speculaas spice (recipe on page 120).

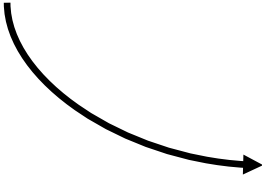
About the Author

Franka Lederbogen is the founder of the blog www.babyidaisst.com as well as the successful Instagram account @Baby_Ida_isst. She has been involved in healthy nutrition for more than two decades and, since the birth of her two daughters, also in healthy baby food.

As an expert on baby-led weaning, she combines her knowledge as a nutritionist, specialist for baby-friendly complementary food and mama of two “BLW babies”. With this book, she shows how easy sugar-free baking can be for babies from introducing solids.

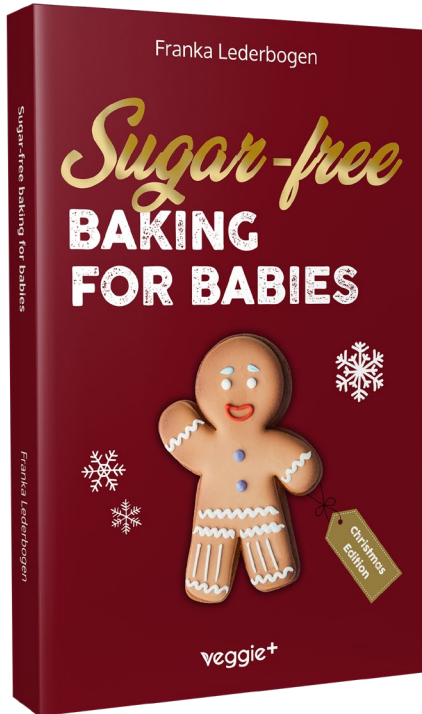
In this book, she summarizes the theory she has learned and her personal experience, showing a modern way of introducing complementary foods without sugar. The recipes she has developed are intended to help parents provide their babies with a low-sugar and nutritious diet.

This is Franka



Looking for more?

**Get the complete book with
55 Christmas recipes now!**



[Get your Copy](#)