Food Ideas:
Finger Food Recipes

If you are in the mood to make some special finger foods, you may want to try these recipes.

**Banana Strips**
Cut a banana in half lengthwise and place flat side down. Slice into strips of desired length, then dip in fresh lemon juice. Place banana strips on a greased cookie sheet. Bake at 175°F for 2 1/2 hours.

**Gelatin Gems**
The type of juice you use will determine the color of your "gem."
- 3 envelopes of unflavored gelatin
- 3/4 cup boiling water
- 12 ounces frozen juice concentrate of your choice

(You can mix two types of concentrate together for a new flavor.)

Add gelatin to boiling water. Dissolve. Add juice and mix. Pour mixture into greased 9" x 13" pan. Chill several hours until solid. Cut into shapes of your choice, or use a cookie cutter for an easy way to make an exciting design that will enhance your child’s fun.

**Waffle Sandwiches**
Cut a square waffle diagonally. Spread cream cheese and jam on one side and cover with the other half. Other fillings may include peanut butter and bananas. Let your child suggest new creations.

---

**Cheese Surprise Sandwiches**
2 slices of cheese (pick a cheese your child can chew well)
peanut butter

Spread one slice of cheese with peanut butter. Cover with the other slice of cheese. Serve in strips or shapes cut out with a cookie cutter.

**Yummy Teething Biscuits**
- 2 eggs
- 1/2 cup brown sugar
- 2 to 2 1/2 cups flour (any type)
- 1 teaspoon cinnamon

Beat eggs until creamy. Mix in sugar. Add cinnamon and flour gradually to make a firm dough. Roll dough out to 1/4" thick. Cut in fun shapes that are easy for your child to hold. Let the shapes stand overnight. Bake at 325°F until browned and hard. Makes 12 teething biscuits that are crumb-free!

**Resources**
An excellent resource for homemade foods for your baby is *Feed me! I’m yours* by Vicki Lansky (Wayzata, MN: Meadowbrook Press). It is available in the food section of most bookstores.

**Special Instructions**