

# Creating Your Own Recipes to Match Your Child's Needs

## Checklist. . .

- A blank notebook
- Kitchen/cooking equipment
- List of Safe foods
- Safe Ingredients
- Cookbooks for reference
- \_\_\_\_\_
- \_\_\_\_\_

Once you have answered the questions and assembled your ingredients, you can start experimenting.

It can be helpful to start out with a half recipe when trying it for the first time, so that you don't risk using too many ingredients in the experimenting phase.

Notes: \_\_\_\_\_

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## Questions to Ask. . .

- What are the qualities of the food that I want to make?**
  - ☆ Specific nutrition requirements (increase protein, fats, etc.)  
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  - ☆ Specific textures (cake vs. cracker, etc.)  
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  - ☆ Specific occasions (recipes for lunchbox foods, on the go, holidays)  
\_\_\_\_\_
- What functions do my child's safe foods have?**
  - ☆ Can any of the safe foods/ingredients help to “bind” a recipe?  
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  - ☆ Can any of the safe foods help with leavening (“rising”) in a recipe?  
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  - ☆ What flavor combinations can I create with these safe foods?  
\_\_\_\_\_
- Do I have other recipes that I can modify to create a new type of food?**

*Example:* Can I use the foundation of a muffin recipe and modify it to create a cookie recipe with similar ingredients but different ratios?  
\_\_\_\_\_

# Creating Your Own Recipes to Match Your Child's Needs-- Worksheet

\_\_\_\_\_ Recipe Version # \_\_\_\_\_

☆ Attach the recipe you wish to modify here,  
in its original form (for reference) ☆

Notes: \_\_\_\_\_  
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**Ingredients:**

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For Help:



Notes:

Temperature: \_\_\_\_\_ Cook Time: \_\_\_\_\_  
Serves: \_\_\_\_\_ Occasion: \_\_\_\_\_

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