



taste test.

# delicious. loves

**BABY FOOD** Only the best will do for your baby, so make it organic, additive-free and totally scrumptious



## BEST FOR ONE-YEAR-OLDS

Miniscoff Organic 4 Beefy Burgers, £3.80 for 360g.

Call 01225 783221 or visit

[www.miniscoff.com](http://www.miniscoff.com) for mail order

Grown-up ingredients go into these burgers – beef, breadcrumbs, onion, carrots, eggs, tomato purée, garlic and Worcestershire sauce. Tasty with a suitably subtle flavour.



## BEST FOR ONE- TO THREE-YEAR-OLDS

Miniscoff Organic Chilli Yum Yum, £3.20 for 260g. Call 01225 783221

or visit [www.miniscoff.com](http://www.miniscoff.com) for mail order

We aren't in the habit of feeding babies spicy food, but what of Indian and Thai cuisines where spice is a part of life? This well-flavoured chilli will encourage a love of heat. The sweet mango chutney is a nice touch, too.

## WHAT WE WANT FROM BABY FOOD

- Making your own baby food from fresh ingredients is tops but, when you can't, these organic meals are brilliant, too.
- Additive-wise, if they're made from organic ingredients, they're pesticide-free. Shamefully, some foods contain sugar (read that label before you buy), usually in the form of glucose and dextrose, but none can have added salt.

- It's hard to put a price on what's best for your baby. Prices should fairly reflect the relatively cheap ingredients that baby foods are made from.
- And taste? At our tasting, baby Kate was smacking her lips at every mouthful but, at six months old, she couldn't exactly give us a detailed account. The best approach is to judge the product by its ingredients list.