



# SIMPLE MEALS FOR BABIES & TODDLERS

AMANDA SEARS WITH ORAN'THIEL



# Oran'Thiel's Nourishment Magic:

## *Simple Meals for Babies & Toddlers*

Each recipe is offered with love, presence, and energetic intention. May your kitchen become a temple of joy, and your child's plate a palette of light.

### Foundational Nourishment Principles

- ★ Frequency First – Choose fresh, whole, unprocessed foods whenever possible.
- ★ Offer Variety, Not Pressure – Let children explore colours, textures, and flavours in their own time.
- ★ Serve with Presence – Your energy while preparing and offering food matters.
- ★ Let the Body Lead – Trust their natural cues—fullness, preference, timing.
- ★ Include Earth, Water, Fire, and Air – Rotate foods that represent grounding, hydration, warmth, and lightness.

### ★ Stage One – Energetic Gentle Beginnings (~6–9 months)

#### **Golden Kumara Purée**

Steam golden kumara (sweet potato) and blend with a small spoon of coconut oil. Grounding and solar energy.

#### **Steamed Pear & Chamomile Mash**

Steam pear and infuse with cooled chamomile tea. Calming and gentle for digestion.

#### **Avocado & Banana Cloud Blend**

Mash ripe avocado with banana until soft and smooth. Heart-opening and nourishing.

#### **Watermelon or Cucumber Slivers**

Serve chilled slivers for hydration and playful teething support.

### ★ Stage Two – Sensory Discovery & Rooting (~9–18 months)

#### **Rainbow Root Bowl**

Roast beet, carrot, and parsnip in olive oil. Earth anchoring and colour code activation.

**Milky Quinoa Porridge**

Simmer quinoa in milk (or dairy-free) with cinnamon, ground flax, and pear.

**Chickpea & Pumpkin Patties**

Mash cooked chickpeas with roasted pumpkin and light spices. Form into soft patties.

**Blueberry & Coconut Yogurt Swirl**

Mix fresh blueberries into coconut yogurt for a probiotic-rich treat.

**Finger Foods**

Offer soft broccoli, star-shaped polenta, sliced grapes (quartered), puffed amaranth. Tactile magic.

**★ Stage Three – Energetic Refinement (~18 months–3 years)****Golden Dahl with Rice Stars**

Lentil curry with mild spices and ghee, served over rice cut into star shapes.

**Miso Noodle Soup**

Miso broth with noodles, soft tofu, and greens. Warming and mineral-rich.

**Avocado, Mango & Lime Salad**

Dice and gently toss with a hint of olive oil. Refreshing and hydrating.

**Baked Apple with Dates**

Core apple, stuff with chopped dates, sprinkle oats and cinnamon, and bake.

**DIY Snack Platters**

Include cucumber moons, nut butter with apples, soft-boiled egg, pumpkin hummus & crackers.

**★ Final Blessing from Oran'Thiel**

*"Your child already knows what they need. Your food is a song. Your kitchen is a temple. Together, you are composing frequencies of health, joy, and radiant embodiment. Feed the light. Trust the flow. And always taste the love."*

## ★ Parenting Little Gods: Additional Resources & Sacred Tools ★

To support your journey in conscious parenting, we've lovingly created a series of free and paid resources to deepen your connection, inspire your creativity, and nurture both you and your Little God. Available at: [www.searsco.nz/additional-resources](http://www.searsco.nz/additional-resources)

### 1. Cosmic Parenting Toolkit

A practical and energetic companion for everyday parenting. Includes:

- ★ 16 Daily Rituals for connection and calibration
- ★ 16 Joy-Inspired Play Ideas for movement and bonding
- ★ 16 Soothing Sigils for emotional and energetic support

### 2. The Stargate Letters: For Parents of Cosmic Kids

A soul-nourishing channeled offering of 7 short letters written for the parents of awakened, sensitive, and galactic children - to inspire remembrance and encouragement on the path.

### 3. Guided Meditations, Blessings, Affirmations and Rituals

Soulful guided meditations, affirmations, blessings and rituals to support the many stages of parenting, from conception to family harmony.

### 4. Nature Rituals for Children

Simple, joyful outdoor activities and seasonal practices to deepen your child's connection to nature and natural rhythms.

### 5. Nourishment Magic: Simple Meals for Babies & Toddlers

Inspired by Oran'Thiel, The Cosmic Culinary Mastery—this recipe guide includes a selection of gentle, energetically aligned meals and snacks.

### 6. Lullabies for Little Gods

A sacred collection of frequency-infused lullabies for cosmic children.

### 7. Cosmic Stories for Children

Magical storybooks designed to support divine remembrance in young children. Each story is aligned with emotional intelligence, soul remembrance, and energetic support.

### 8. New Earth Nursery Rhymes

Playful, poetic whispers for the children of light — weaving wonder, giggles, nature's magic and cosmic truths into joyful verses that awaken the heart and imagination.

### 9. Parenting Little Gods: Mini Guidebook

A divine and simplified version of Parenting Little Gods that offers calming reminders, intuitive insights, and energetic support for the days you need a breather, a hug, or a spark of remembrance.

### 10. Digital Storybooks by Luminary Books

Created with love to inspire children to *shine bright and remember their light*.

Youtube: @LuminaryBooks