



HOMEMADE BABY FOOD RECIPES

Cooked Fruits

Wash fresh fruit. Cook in a little bit of boiling water until soft. Puree or strain so all the lumps are gone. Make sure there are no seeds or skin in the fruit. Rinse canned fruit to remove part of the sugar if canned in syrup.

Ripe Banana and Other Fresh Fruit

Ripe bananas are yellow with brown spots. Mash a little with a fork. Other fresh fruits can also be mashed: ripe cantaloupe, peaches, apricots, pears and prunes.

Frozen Fruits

Frozen, unsweetened fruits can be slightly thawed, then blended and frozen in ice cube trays.

Cooked Vegetables

To cook: boil, steam or bake, then blend and mash. Add water to make the right consistency. Do not add salt, sugar or fat.

Basic Meat Recipe

Mix one half cup of cubed meat that is well-cooked and 2 tablespoons of formula or breast-milk, unsalted beef broth or water and blend. (This recipe works best with warm meat.)