

WB371TR - Easy Purees (English)

front

back

easy purees

Make some simple purees for your baby.

three easy steps to purees:



1 Prepare
Wash and peel fruits and vegetables. Remove any seeds, skins and pits.



2 Cook
Steam or boil vegetables and fruits in 1 to 2 inches of water until they are soft.
Bananas and other soft fruits do not need to be cooked.



3 Puree
Puree in a blender or food processor until smooth. Add a small amount of water, infant formula or breastmilk if needed.

Offer a thin puree when your baby is first learning how to eat. With practice, your baby will learn how to eat foods with more texture. Then offer thicker purees or purees with soft lumps.

start with simple fruit and veggie purees:



bananas
A favorite fruit for babies - easy to mash and eat!
Peel a banana. Puree until smooth.
Or mash a banana with a fork until smooth.

sweet potatoes
A great source of vitamin A and fiber that babies and toddlers love!
Wash and scrub a sweet potato. Microwave the potato until soft. Cut the cooked sweet potato on top. Scoop out the flesh. Puree until smooth.



avocados
A mild flavor and creamy texture - perfect for one of your baby's first foods. Cut the avocado in half and remove the pit. Scoop out the flesh. Chop into small pieces. Puree until smooth.

carrots
Peel a few carrots. Cut into small pieces. Cook carrots with water in a saucepan until soft. Drain the water off the carrots. Puree until smooth.



use canned fruits for easy purees:

Choose fruits canned in juice, with no added sugar or syrup.

peach puree
Drain the juice off a can of peaches. Puree the fruit until smooth.

apple puree
Use natural applesauce with no added sugar or syrup. Spoon a serving of applesauce into a small dish.

pear puree
Drain the juice off a can of pears. Puree the fruit until smooth.

use frozen fruits and vegetables for easy purees:

Buy frozen fruits with no added sugar and frozen vegetables with no added salt. Thaw frozen fruit overnight in the refrigerator. The fruit will be easier to puree. Cook frozen vegetables before pureeing.

mango puree
Puree the thawed mango until smooth.

green bean puree
Cook the green beans with water in a saucepan until soft. Drain the water. Puree until smooth.

peach and strawberry puree
A yummy combination!
Puree the thawed peaches and strawberries together until smooth.

Make other yummy combos such as:
kiwi and bananas - sweet potatoes and applesauce - peaches and avocado

baby food safety: Keep everything very clean.

Babies are more likely to get sick from food poisoning than older children and adults.

- Wash your hands with soap and water before making your baby's foods.
- Wash dishes, equipment and the kitchen counter with hot water and soap.
- Wash all fruits and vegetables under clean, running water. Even if you plan to peel a cantaloupe or apple, be sure to wash it first.

foods to avoid

- honey, foods with added sugar, syrup or salt
- raw, unpasteurized milk or dairy foods made with unpasteurized milk
- home canned foods
- food from dented, rusted, bulging or leaking cans or jars
- outdated canned food, or food from cans and jars without labels.



© Nutrition Matters, Inc.
All Rights Reserved.
No photocopying.
WB371 R1

© Nutrition Matters, Inc.
All Rights Reserved.
No photocopying.