

Baby Food Recipes

Making your own baby food has many benefits for both you AND your baby!

Homemade baby food ...

- Is cheaper
- Is tastier
- Is more nutritious
- Has no additives or preservatives



Along with iron-fortified rice cereal, baby's first solids can be single vegetables and fruits such as mashed banana or avocado, or cooked and pureed apple, pear, pumpkin or potato.

Blended Vegetables (from 6 months)

Ingredients:

- 1 small potato, peeled & finely chopped
- 1 small piece pumpkin, finely chopped
- ½ small carrot, grated

Method:

1. Bring a small amount of water to the boil in saucepan or steamer.
2. Add the vegetables and cook until soft
3. Press vegetables through a strainer or puree in a blender/food processor

Fruit Pulp (from 6 months)

Ingredients:

- Fresh apple, pear, peach or apricot

Method:

1. Wash, peel, core and dice fresh fruit
2. Place fruit in a saucepan, cover with water. Cook until soft
3. Press pulp through a strainer or puree in a blender/ food processor

Once baby is enjoying a good range of fruits and vegetables, you can introduce the to some fresh beef, lamb, pork or chicken.



Blended meat
(from 6 months)



Ingredients:

- 1/2 cup of chicken, lean beef, veal or lamb- finely chopped /minced

Method:

1. Place meat in a saucepan & cover with water
2. Simmer gently until meat is tender & cooked.
3. Press meat through a strainer or blend it



Gradually become more adventurous with different foods and textures. When teeth start coming in, try flaky loose fish, mashed legumes, cous cous and fruits like berries, citrus & stone fruit



Steamed fish

(may be offered from ~9months)



Ingredients:

- 1 fillet of fish

Method:

1. Place the fillet of fish in a steamer or saucepan with a small amount of water.
2. Steam until the fish is well cooked.
3. Carefully remove bones and skin.
4. Serve plain or with white sauce



Blended Chicken in White Sauce
(from ~9 months)



Ingredients:

- 1 tsp cornflour
- 100ml milk
- 1 tbsp finely chopped cooked chicken (no skin)

Method:

1. Blend flour and milk in a small saucepan and simmer for a few minutes
2. Add chicken and press through a strainer or puree in a blender

Storing and serving baby foods

- Solids can be stored in plastic containers for up to 2 days in the fridge
- OR frozen for up to 30 days in ice cube trays covered with plastic wrap or plastic containers
- Remember to label the containers with the contents and use-by-date.
- When warming up the solids up in the microwave or over the stove make sure you stir the mixture well to eliminate any hot spots.
- Test the temperature with a clean spoon on

