



Cooking with Love

Delicious homemade foods for infants and toddlers
Includes feeding tips, recipes and more!

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Table of Contents

Getting Started

Getting Started with Homemade Baby Food.....	4
Benefits of Preparing Homemade Food	4
Feeding Infants.....	4
Feeding Toddlers.....	4
Feeding Stages	5
Freezing Purees.....	6
The Ice Cube Tray/Freezer Bag Method:.....	6
Fruits & Veggies Freezing Results Chart.....	6
Suggested Foods by Age	8
"Forbidden" Foods.....	8
Recipes: Stages 1 & 2	
Smashed Avocado.....	9
Go Bananas!.....	9
Carrot Puree	10
Steamed Green Beans.....	10
Peach Puree.....	11
Sweet Potato Puree	11



Recipes: Stage 3

Strawberries & Oatmeal.....	12
Pork, Carrots & Applesauce	12
Turkey & Gravy	13
Tomato Sauce with Pasta	13
Sole, Sweet Potato & Broccoli Puree	14
Superfoods Puree	15

Recipes: Stage 4

Pumpkin Mac & Cheese.....	16
Apple Yogurt Dip.....	16
Tofu Dipping Sticks.....	17
Honey of a Hummus.....	17

Recipes: Stage 5

Goofy Eggs.....	18
Breakfast Wrap	18
Turkey Pilaf.....	19
Cranberry Ginger Grilled Chicken Fingers	20
Spinach Shapes	21
Frozen Fruit Cups	21



To return to the Table of Contents from any page in this document, click the book icon.

To go back to where you came from at any point, click the arrow icon.

Getting Started with Homemade Baby Food

Benefits of Preparing Homemade Food

It gives your baby a healthy start to eating and also provides you with peace of mind, as you know exactly what's gone into each mouthful (or faceful, depending on your little guy or girl's aim). With each meal, you will provide your baby with:

- Food that is free of additives, extra sugars and other fillers
- Food that is fresh – it actually looks, smells and tastes just like the fruits and vegetables you're eating with the rest of your family
- Food that is easy to prepare when you whip up a puree of what you're already having for dinner
- Food that is only a fraction of the cost of the stuff you'll find in aisle 5 of your local supermarket



Feeding Infants

Before beginning solid foods, your infant should be able to hold her head up. She should no longer have the "extrusion reflex" (what causes babies to push anything but liquid out of their mouths). Loss of this reflex allows an infant to more readily accept spoonfuls of semi-solid foods. This typically occurs around six months of age. Before introducing solid foods to your child, it is best to consult with and follow the guidelines given by your pediatrician.

So full, so fast. In the beginning, your baby will only eat one or two teaspoons at a sitting when foods are first offered. As she grows, your baby will begin attempting to feed herself. Self-feeding is a wonderful exercise for baby, as it encourages the development of fine motor skills.

Practice makes perfect. As your infant nears the one-year mark, practicing drinking with a training cup with breastmilk, formula or water will help improve feeding skills.

Know when to say when. Infants innately regulate their food intake and stop eating when they are full, if allowed to do so. Overfeeding encourages children to override their inborn ability to eat when hungry and stop when full. Following your child's cues helps to reinforce a foundation of healthy eating habits. Telltale signs that your baby has had enough include swatting at the spoon, turning her head away from the spoon, crying, pursing her lips tight when the spoon comes and spitting out every spoonful you manage to get in her mouth.

Feeding Toddlers

They grow up in such a hurry. And your child's development is as unique as his personality. The term "toddler" is commonly used to describe a young child who is learning to walk, and this developmental stage typically occurs between 12 and 24 months. During this stage in his lifetime, your child will develop the coordination that self-feeding requires (with more than a few messes along the way)!

Baby's first mustache. Well, his first milk mustache, that is. After your child has his first birthday, he can continue to consume





breastmilk or can begin drinking whole cow's milk. If you are still breastfeeding, continue to do so for as long as you and baby choose, while adding complimentary foods. However, now is the time to discontinue the use of the bottle and switch completely to the training cup.

Impossible to predict. Toddlers tend to be erratic eaters. Growth spurts, painful teething and illnesses all can contribute to your child's picky eating habits. Also, distraction comes easily thanks to his general fascination with his surroundings and with his newfound physical prowess. It's quite common for toddlers to become much more interesting in pulling themselves to a standing position or learning a new word than with eating. Your toddler will eat when he is hungry, so it's important you provide the opportunities to do so.

Feeding Stages

Every baby is unique in personality and development, so it's important to follow your child's cues as you venture into starting solid foods.

Feeding Stage	Signs of Readiness	What to Feed	Food Suggestions	Serving Size Suggestions
Stage 1	Around six months of age-baby is hold his head up and is no longer thrusting his tongues to push food out of his mouth.	Breast milk or formula and cereal	Try introducing iron-fortified rice cereal mixed with breastmilk or warm formula.	Feed small servings. Infants will stop eating when they are full and need to be given the chance. One to two spoonfuls may be all they need to begin with.
Stage 2	Baby is holding his head up, able to sit up on his own and is no longer thrusting his tongue to push food out of his mouth.	Single pureed/strained food	Introduce new solid food gradually and one at a time to gauge baby's reaction and possible food sensitivities. Include: avocado, banana, carrots, green beans, peaches and sweet potato .	Baby will only eat one or two teaspoons in a sitting, two to three times a day. This will gradually increase and it will be crucial to read baby's hunger cues.
Stage 3	Approximately two to three months after starting solid foods. By this time, you have tested food one at a time for sensitivity and baby is increasing portion sizes.	Pureed or mashed combination foods	Strawberries and Oatmeal, Pork, Carrots and Applesauce and Turkey and Gravy .	Daily food should increase to: 1/3 cup yogurt or 1/2 ounce cheese 1/4 to 1/2 cup iron-fortified cereal 1/4 to 1/2 cup vegetables 1/8 to 1/4 cup protien foods 3 to 4 ounces non-citrus juices or fruit
Stage 4	Around eight- to ten-months-old-picks up objects with thumb and forefinger, has more teeth.	Chopped/easy-to-chew foods	Pumpkin Mac & Cheese, Crispy Cheese Crackers and Whole Wheat Graham Crackers	Daily food for toddlers should be broken up into five or six small meals or snacks
Stage 5	Around eighteen-months-old-toddler can eat with a spoon.	Easy-to-eat foods	Steamed Vegetables; Bow Tie Chicken Soup, Spinach Shapes, Breakfast Wrap and Goofy Eggs .	A good rule of thumb used to determine serving size is offering around one tablespoon of a food item per year of age



Freezing Purees

The Ice Cube Tray/Freezer Bag Method:

Cooking ahead and freezing purees is a great way to save time. Using this method, you spoon or pour your baby food purees into regular ice cube trays and then cover with plastic wrap.

Prior to using your ice cube trays, you want to thoroughly cleanse them with warm soapy water and/or run them through the dishwasher on the sanitize setting. Some parents have even submerged their ice cube trays in boiling water for sanitizing (note: please make sure that the manufacturer of the trays indicates it is ok to boil the trays.)

Each cube is approximately 1+ ounces, allowing you to have an idea of the amount of food your baby is consuming. There is minimal waste as you use only 1 cube at a time and will not have to toss away much food like you may have to when using commercial foods. Another advantage is that you probably have ice cube trays on hand and will not need to go out and buy them.

Once the purees have been frozen in the trays, you simply pop out the cubes and use as needed. Using this method also allows you to make several trays at a time so your time spent in the kitchen making baby food is decreased. You may transfer the baby food cubes into freezer bags, freeing up your trays for the next batch of food as well as freeing up some freezer space.

If using the freezer bag method for your food cubes, be sure to label the bags with the type of food and also date the bags. This will help you to quickly grab a cube from a bag of veggie and a bag of fruit without having to guess what you have in the bags. It also allows you to keep track of the length of time the food cubes have been in the freezer. The chart below indicates how various fruits and veggies freeze. For more information, including meats and grains, [click here](#).

Fruits & Veggies Freezing Results Chart

Type of Food	How These Foods Will Freeze When They Have Been Pureed
FRUITS	
Apples	May turn brown [cooked] - freeze in slices for a nice teething reliver [raw]
Avocados	May turn brown when pureed - best frozen in halves with a bit of lemon juice [raw]
Apricots	May not freeze solid and texture may be altered [raw or cooked]
Bananas	May brown when pureed - best way to freeze, cut in half, wrap then freeze [raw]
Blueberries	Freeze well whole or pureed - may thaw to a watery consistency [raw or cooked]
Melons	May be gritty/watery when thawed - best frozen raw in chunks [raw or cooked]
Cherries	Freeze well whole or pureed - may thaw to a watery consistency [raw or cooked]
Citrus	Does not freeze well
Coconut	Does not freeze well
Cranberries	Freeze well whole or pureed - may thaw to a watery consistency [raw or cooked]
Grapes	Freeze well when frozen whole, halved or quartered [raw]



Type of Food	How These Foods Will Freeze When They Have Been Pureed
Kiwi	May be gritty/watery when thawed [raw]
Mango	May be gritty/watery when thawed - best frozen in chunks [raw or cooked]
Nectarines	Freeze well, may be gritty/watery when thawed - freeze in chunks [raw or cooked]
Peaches	Freeze well, may be gritty/watery when thawed - freeze in chunks [raw or cooked]
Papaya	Freezes well, may be gritty/watery when thawed -freeze in chunks [raw or cooked]
Pears	May turn brown - freeze well but may be gritty/watery when thawed [raw or cooked]
Plums	Freeze well, may be gritty/watery when thawed [raw or cooked]
Prunes	Freeze well but may not freeze solid and texture may be altered [raw or cooked]
Pumpkin	Freezes well [cooked]
Strawberries	Freeze well whole & raw or simmered into a puree or sauce/syrup
VEGETABLES	[Cooked]
Asparagus	Freezes well but may be watery when thawed - best frozen in pieces
Broccoli	Freezes well but may be watery when thawed - best frozen in pieces
Beans (Green)	Freeze well but may be gritty/watery when thawed - best frozen in individual pieces
Beans (Dried)	Freeze well
Beets	Freeze well
Carrots	Freeze well
Cauliflower	Freezes well but may be watery when thawed - best frozen in pieces
Corn	Freezes well but may be watery when thawed - best frozen without being pureed
Cucumber	Does not freeze well
Eggplant	Freezes well but may be watery when thawed - best frozen without being pureed
Leeks	Mixed results, best frozen within another dish/meal
Onions	Mixed results, best frozen within another dish/meal
Parsnips	Freezes well but may be gritty/watery when thawed
Peas	Freeze well but may be gritty/watery when thawed
Peppers	Mixed results, best frozen within another dish/meal
Potato-White	Freezes well but may be gritty/watery when thawed; lots of reconstituting needed
Sweet Potato	Freezes well
Spinach	Mixed results
Squash-Winter	Freezes well
Summer/Zucchini	Freeze well but may be very gritty/watery when thawed
Tomatoes	Best frozen as a "sauce", may be watery when thawed
Turnip	Freezes well but may be gritty/watery when thawed

Suggested Foods by Age

This combined baby solid food chart is a general guideline showing solid foods for baby that are age appropriate. These guidelines are somewhat conservative in nature compared to guidelines from other sources. Since some pediatricians still recommend starting solids at 4 months of age, this chart accommodates that recommendation. If your baby starts solids later, just move to each category about two months after starting the previous one, or go by the cues listed in the chart on [page 5](#). You should always consult your baby's pediatrician before introducing new foods to your baby and be sure to avoid any suggested foods that may pose an allergy risk for your baby.

Age	Cereals & Grains	Fruits	Vegetables	Proteins	Dairy
4-6 Months	Rice, Barley, Oat	Apples, Avocado , Bananas , Pears	Sweet Potatoes , Winter Squash, Green Beans	None	None
6-8 Months	Rice, Barley, Oat	Apricots, Avocados , Mangos, Nectarines , Peaches , Plums, Prunes and Pumpkin	Carrots , Peas, Yellow Squash, Zucchini, Parsnips (8 Months)	Chicken, Turkey , Tofu	Plain Whole Milk Yogurt
8-10 Months	Flax, Graham Crackers, Quinoa, Multi-Grain Crackers, Cheerios, Wheat, Toast	Blueberries, Cantaloupe, Melons, Cherries, Cranberries , Dates, Kiwi, Papaya	Asparagus, Broccoli , Cauliflower, Eggplant, Potatoes, Onions, Peppers, Leeks, Mushrooms	Egg Yolks , Beans/Legumes , Beef, Pork, White Fish, Salmon	Cream Cheese, Cottage Cheese, Colby Jack, Cheddars (No Soft Cheese)
10-12 Months	Pastas, Wheat Cereals, Bagels	Berries, Citrus, Grapes (cut in quarters)	Artichokes, Beets, Corn, Cucumbers, Spinach , Tomatoes	Whole Eggs (12 months)	Whole Milk (12 months), Gouda, Muenster, Provolone, Swiss (Soft Cheeses after 12 months)

"Forbidden" Foods

As late as 2008, there were many "forbidden foods" that pediatricians recommended a baby should not have until he reached a certain age. These forbidden baby foods included egg whites, peanut butter, shellfish, crustaceans and citrus. As of 2012, the guidelines have firmly changed; forbidden foods are no longer off the table!

In a recent interview with Dr. Jatinder Bhatia, neonatologist and chair of the American Academy of Pediatrics' Committee on Nutrition, Dr. Bhatia noted that, "There is no evidence that the introduction of any sequence of foods is better than any other."

Many foods are listed as they may pose a certain health risk but not necessarily an allergy risk. You may find some items not listed as these items pose neither an allergy risk nor do they pose an immediate health risk (i.e. sugar and salt - though sugar and salt should not be added to baby's meals.) You should talk to your pediatrician about their specific recommendations regarding forbidden foods, but in general, hold off on the following until at least one year of age: honey, peanut butter, nuts, citrus/acidic foods, raw berries, corn, egg whites, whole milk (as a drink), grapes and shellfish. [Click here](#) for more detailed information on this subject!



Smashed Avocado

Smashed Avocado

1 ripe avocado
½ tsp lemon juice (optional)
Breastmilk, formula or water (if needed)

1. Cut a ripe avocado in half and remove the pit. (Never cut an avocado before? [Click here](#) for a quick video on the easiest way to do it!)
2. Cut the “meat” into small pieces. Do not cook.
3. Mash or puree the avocado. If your avocado is ripe enough, you can mash it with a fork. For smoother consistency, use an immersion blender or food processor. Add breastmilk, formula or water to thin the puree to the desired consistency.
4. If freezing, add lemon juice.

Did you know?

Avocado is a great first food for baby because it contains essential fats and trace nutrients, vitamins A, C, Niacin, and Folic Acid that your baby needs to grow. Also, Avocados are easy for baby to digest.



Go Bananas!

1 ripe banana
Breastmilk, formula or water (if needed)

1. Peel banana and cut the fruit in small pieces.
2. Use a fork to mash or an immersion blender or food processor for smoother consistency. Add breast milk or water to thin the puree to the desired consistency.
3. As your child grows into stages three and four, mash the banana for a chunkier consistency, or simply dice banana into pieces sized for little fingers to pick up easily.

Did you know?

Bananas are a good source of potassium, magnesium and vitamin C.



Make banana mash or puree for your baby one serving at a time to avoid browning.



Go Bananas!



Carrot Puree

Carrot Puree

1 cup of raw carrots
Breastmilk, formula or water (if needed)

1. Cut washed carrot into slices or pieces. Steam the carrot slices and allow them time to slightly cool.
2. Blend with immersion blender or food processor to desired consistency. Add breast milk or water to thin the puree if necessary.
3. For stage 3 and 4 cut the raw carrots into pieces sized for little fingers to pick up easily before steaming. Steam carrots just until tender. Serve cool or warm.

Did you know?

Carrots can slow down the digestive process, so if it's your first time serving them, add more breastmilk or formula to the puree to help baby digest them more easily.



Steamed Green Beans

1 cup of raw green beans
Breastmilk, formula or water (if needed)

1. Cut washed green beans into small pieces and steam.
2. Cool slightly and then blend with immersion blender or food processor. Add breastmilk, formula or water to thin the puree to the desired consistency.

Did you know?

Green beans won't blend to a totally smooth consistency - they will be a little gritty. They're a great way to introduce texture to baby!



Steamed Green Beans



Introduce one new food at a time to your child every two to five days. Spacing out new foods will help you to gauge food preferences and sensitivities. If you notice any signs of a food sensitivity, be sure to contact your pediatrician right away.



Peach Puree

Peach Puree

2-3 Peaches

**Breastmilk, formula or water (if needed)
Iron-fortified cereal (if needed)**

1. Wash and peel the peach, then carve an X into one side of the fruit. Place X side down in a pan with an inch of water.
2. Bring water to a boil and steam until soft and tender.
3. Peel skin from fruit and remove pits/seeds. Reserve any left-over water to use for thinning out the fruits.
4. Place fruits into your choice of appliance (immersion blender or food processor) and puree.
5. Add reserved water and/or breastmilk or formula until smooth or add cereal to thicken the puree.

Did you know?

Peaches are a good source of potassium and niacin. This recipe also works for nectarines, which have the same nutritional benefits.



Sweet Potato Puree

1-2 Sweet Potatoes

Breastmilk, formula or water (if needed)

1. Peel the sweet potato and cut it into chunks.
2. Boil or steam the chunks.
3. Cool slightly and then blend with immersion blender or food processor. Add breast milk or water to thin the puree to the desired consistency for your baby.
4. As your child grows into stages three and four, mash the peach for chunkier consistency or simply dice the peach into pieces sized for little fingers to pick up.

Did you know?

The nutritional value of sweet potatoes is amazing! They are high in vitamin A, beta carotene and potassium.



If you're already using the oven, just bake sweet potatoes like you normally would. Cool slightly, and puree as usual!



Sweet Potato Puree



Strawberries & Oatmeal

Strawberries & Oatmeal

- ¼ cup dry quick oats**
- ½ cup strawberry puree**
- ⅓ cup water**
- 3 oz breastmilk or formula**

1. To make Strawberry Puree: Whip 1 cup of strawberries with immersion blender or food processor until smooth. Pour puree into sieve or strainer. Let puree drain into small bowl.
2. Once puree has drained out of sieve discard any seeds or remainder.
3. Combine oats and water. Microwave 2 minutes. Stir in strawberry puree and breastmilk or formula.
4. Cool before serving.

Did you know?

Strawberries are an amazing source of vitamin C. With their bright red color, strawberries contain a high amount of plant phenols which have strong anti-oxidant properties.



Pork, Carrots & Applesauce

- 2 carrots sliced ⅛ inch thick**
- ½ cup ground pork**
- 1 clove garlic, minced**
- ¼ cup applesauce**
- ¼ cup water**

1. In a medium skillet combine meat and garlic. Sauté 3-4 minutes.
2. Add carrots and water simmer 10 minutes. Carrots should be soft.
3. Pour meat, carrots and cooking water into bowl and mix with immersion blender or blend with a food processor.
4. Add applesauce and blend. Add additional water as needed until the desired consistency is achieved.

Did you know?

According to **EWG**, apples are one of the "dirty dozen" foods most contaminated with pesticides, so buying organic is a good idea.



Pork, Carrots and Applesauce



Turkey & Gravy

Turkey & Gravy

- 1 lb ground turkey**
- 2½ cups water**
- 2 tbsp butter**
- 2 tbsp flour**

1. In a large skillet cover and cook turkey until brown. Pour in 2 ½ cups water.
2. Cover and let simmer 5 minutes.
3. Drain meat and reserve drippings in a small bowl.
4. In skillet melt butter and stir in flour until smooth. Gradually add drippings whisking continuously to prevent lumps. Use immersion blender or food processor to combine half of meat and gravy then add remaining half of meat and gravy and blend until smooth.

Did you know?

This is a great recipe for Thanksgiving! Just puree your turkey and gravy you've already cooked for baby to enjoy while everyone else digs in!



Tomato Sauce with Pasta

- 1 tbsp olive oil**
- ½ small red onion, chopped**
- ¼ small butternut squash, peeled and grated**
- 1 carrot, peeled and grated**
- 14 oz can crushed tomatoes**
- ½ cup vegetable stock or water**
- 1 tbsp tomato paste**
- 1 tsp light brown sugar**
- 1-2 heaping tbsp pasta stars per serving**
- 1 tbsp shredded cheddar cheese per serving**

1. Heat the oil in a large frying pan or wok and gently sauté the onion, squash and carrot until soft but not browned, 3-4 minutes. Add the tomatoes, stock, tomato paste and sugar. Bring to a boil, then reduce the heat, partially cover and let simmer until thickened, about 40 minutes. Season to taste with a little pepper.
2. Cool slightly, then blend to a puree.
3. To serve, cook the pasta according to package directions. Drain and return to the pan, then stir in the pasta sauce and cheese. Cool slightly before serving.

Did you know?

One tomato contains 47% of the daily allowance of vitamin C, and 22% of the RDA of vitamin A!



Tomato Sauce with Pasta



Sole, Sweet Potato & Broccoli Puree

Did you know?

Broccoli is best introduced around 8-10 months of age since it is fiber-rich. If your baby has digestive issues, you might want to introduce it later.



Fresh purees will last 48 hours in the fridge and eight weeks in the freezer. The temperature of your fridge should be 40°F and your freezer 0°F. You shouldn't reheat food more than once and never refreeze foods. It's okay, however, to refreeze vegetables, such as whole frozen peas.

Sole, Sweet Potato & Broccoli Puree

½ sweet potato (about 7 oz), peeled and cut into small dice, or substitute similar amount of carrots

2 broccoli florets (about 1½ oz in total), cut into small pieces

4 oz sole or other white fish fillet, skinned and cut into little-finger size strips

¼ cup milk, breastmilk or formula

2 tbsp shredded Gruyère cheese

1. Spread out the sweet potato and broccoli in a steamer (or use a metal colander set over a pan of simmering water). Cover and steam until really tender, 6-8 minutes.
2. Meanwhile, put the fish into a small saucepan, cover with the milk, and cook until it flakes easily, about 2 minutes. Remove from the heat and stir in the cheese until melted. Put the vegetables and fish mixture in a blender or food processor and purée. Add a little more milk, if necessary.
3. Cool as quickly as possible (put the purée in a glass bowl set in a second bowl of ice and stir for 4-5 minutes), then cover and refrigerate. Or, freeze in individual portions; when needed, thaw overnight in the refrigerator.
4. To serve, heat the purée in a microwave or small saucepan until piping hot, stirring occasionally and adding a little more milk if necessary. Cool to warm and check the temperature before serving.

Superfoods Puree

- 1 sweet potato, peeled and cut into cubes**
- 2 tsp olive oil**
- 1 small shallot or ¼ onion, finely chopped**
- ½ cup minced turkey**
- 2 handfuls of baby spinach leaves, washed**

1. Put the sweet potato in a steamer and steam for about 6 minutes until tender. Remove from steamer and reserve steaming water.
2. Meanwhile, heat the oil in a large frying pan or wok, add the chopped shallot and turkey and stir-fry for 2 to 3 minutes, until the turkey is browned and crumbly.
3. Add the spinach and sauté for 2-3 more minutes, until wilted.
4. Add the cooked potato and 4 tbsp of the steaming water. Cover and simmer gently for 5 minutes.
5. Put the contents of the pan in a blender or food processor and blend until smooth. If puree is thick, thin with a little of the steaming water.
6. Cool quickly then chill.
7. Freeze in individual portions and defrost overnight in the fridge. Heat in a saucepan or microwave until piping hot then allow to cool slightly. Check temperature before serving.



Superfoods Puree

Did you know?

Spinach is an amazing source of calcium - 1 cup of cooked spinach gives you 42 mg of calcium. It also contains respectable amounts of vitamin A, iron and selenium, too.



Would you believe that parents in the US fork out millions of dollars every year on commercially prepared baby food? By making your own, you'll be saving money (even taking into consideration the time it takes for you to make it) and you'll be giving your child a great start in life.



Pumpkin Mac & Cheese

Pumpkin Mac & Cheese

- ½ cup canned pumpkin
- ⅓ cup pasta shells or elbow macaroni
- ½ cup 2% milk
- ½ cup shredded Gouda cheese
- ½ cup shredded cheddar cheese
- 2 tbsp Parmesan cheese

1. In medium saucepan over medium heat, mix milk and cheeses, stirring continuously until cheese has melted.
2. Add in pumpkin and blend. Mixture should be smooth.
3. Meanwhile cook pasta following package directions PLUS 3-4 extra minutes, until pasta is very soft. Drain pasta.
4. Add pasta to cheese sauce and stir until pasta is well coated. Use masher to mash Mac & Cheese to smoother consistency, if needed.

Did you know?

Pumpkins are great sources of vitamin A and beta carotene.



Apple Yogurt Dip

- 1 cup plain or vanilla whole-milk yogurt
- ¼ cup applesauce

1. Mix yogurt and applesauce together and serve.
2. Dip in your favorite fruits, vegetables and graham crackers. Makes approximately 1¼ cups of dip.

Did you know?

Yogurt is a great source of protein and thanks to the culturing process, the protein is easily digested!



Growth spurts, painful teething and illnesses all can contribute to picky eating habits. Offering healthy dips at snack time is a great way to engage your toddler while introducing him to variety of new foods.



Apple Yogurt Dip



Tofu Dipping Sticks

Tofu Dipping Sticks

1 pound firm or extra firm tofu, drained and water pressed out

1 cup Panko breadcrumbs

½ teaspoon oregano (optional)

½ teaspoon parsley (optional)

Olive oil

Sprinkle of paprika (optional)

1. Preheat the oven to 350°F. Cut the tofu into three inch by ½ inch strips. In a shallow bowl, combine the breadcrumbs and seasonings; mix well.
2. Brush a baking sheet with olive oil. Take one tofu stick and brush the sides and edges with olive oil, place in the breadcrumb mixture and coat well. Then place onto the baking sheet. Repeat until all tofu sticks are coated.
3. Bake tofu sticks for 20-30 minutes until light golden brown and crispy, turning them over halfway through. Makes 12 dipping sticks.

Did you know?

Tofu is a great source of iron, protein and calcium.



Honey of a Hummus

1 can drained chick peas

1 cup tahini (more or less, if needed)

¼ cup of honey*

1. Use an immersion blender or food processor to combine chick peas, honey and tahini. Blend until you get the desired consistency.
2. Tastes great served with whole wheat pita bread, tofu dipping sticks or your child's favorite vegetables. Makes approximately two cups of dip. *Remember that honey should be avoided until after your child turns one. Always consult with your pediatrician before offering new foods to your child.

Did you know?

Chick peas or garbanzo beans have many health benefits, and they (and other beans) may help prevent cancer based on recent studies!



Honey of a Hummus



Goofy Eggs

Goofy Eggs

- 1 slice of whole grain bread**
- 1 egg**
- 1 cookie cutter shape of your choice**
- 1 tsp butter**

1. Cut a shape in the center of the bread with your cookie cutter.
2. Butter the bread. Put the bread in a hot non-stick pan. Crack the egg in the center of the bread "shape." Cook to desired doneness. Flip the goofy egg to cook to desired doneness.

Did you know?

An egg's yolk contains all of an egg's vitamin A, D and E and almost all the vitamin B12, choline, folic acid and vitamin B3.



Choosing healthy food for your toddler now helps to establish healthy habits and preferences that will last a lifetime.

Breakfast Wrap

- 1 veggie or whole grain tortilla**
- 2 slices of deli ham or turkey sausage**
- 1 scrambled egg**
- 1/4 cup of shredded cheddar cheese**

1. Load the ham, or cooked sausage, egg and cheese into the tortilla.
2. Roll up, cut and serve.
3. This is a nutritious and filling meal for the whole family! Just double, triple or quadruple the recipe, depending on the number of mouths you have around the table.

Did you know?

Letting your child pick up food on his own - such as holding a breakfast wrap or using a spoon - builds valuable dexterity skills and gives him a sense of independence.



Breakfast Wrap

Turkey Pilaf

- ½ cup basmati rice**
- 2 tbsp olive oil**
- 1 large onion, finely chopped**
- 1 clove garlic, crushed**
- ¼ cup frozen peas**
- ½ cup sweetcorn**
- 1 ¾ cup cooked turkey, finely diced**
- 2 ½ tsp sweet chili sauce**
- 1 tsp soy sauce**
- 2 tbsp of butter**
- 2 eggs, beaten**
- 2 tbsp milk**

1. Cook the rice in boiling salted water. Drain and refresh under cold water, then leave to drain and cool.
2. Heat the oil in a saucepan.
3. Add the onion and garlic and sauté over a low heat for 8 minutes until soft.
4. Add the peas and stir for 3 minutes. Add the turkey, sweetcorn and cooked rice.
5. Stir-fry over the heat to heat through. Add the sweet chilli sauce and soy sauce.
6. Heat a small frying pan. Mix the eggs with the milk and season with a little salt.
7. Melt the butter. Add the eggs and scramble until the eggs are cooked and dry. Break up into small pieces, then add to the rice. Season to serve.



Turkey Pilaf

Did you know?

You don't like eating bland food, so why should your baby? It's safe to introduce herbs and spices around 8 months of age. Don't be afraid to try them!



Using appropriately sized dishes and utensils will allow your toddler to become familiar with her new eating skills and help her to develop a base of helpful mealtime habits.



Cranberry Ginger Grilled Chicken Fingers

Did you know?

Cranberries are super nutritious and provide lots of vitamin C as well as polyphenols. Polyphenols are said to help strengthen and boost the immune system as well as help to prevent cancer and heart disease.



Your baby will want to touch, smell, taste and play with her food...stay relaxed about the mess and let her experiment. To keep mess to a minimum, only give your baby two or three pieces of food at a time since any more will probably end up on the floor!

Cranberry Ginger Grilled Chicken Fingers

1 lbs boneless skinless chicken breasts
2 c cranberry juice
¼ c dried cranberries
1 tsp grated fresh ginger
1 tbsp butter
2 tbsp finely diced shallots
1 clove minced garlic
¼ cup carrots, peeled and cut into strips
¼ cup parsnips, peeled and cut into strips
Salt and pepper to taste

1. Cut chicken breasts into strips.
2. Stir cranberry juice, cranberries, ginger and garlic in a large bowl and add chicken strips, cover and marinate in refrigerator 1 to 2 hours.
3. Remove chicken from marinade, set marinade aside. Salt and pepper chicken to taste.
4. Melt butter in a medium saucepan. Add shallots and saute over medium heat until transparent. Add saved marinade, bring to a boil, uncovered. Reduce heat and simmer 15 minutes, stirring occasionally, until sauce is reduced by half. Add parsnips and carrots last 5 minutes of cooking.
5. Grill chicken over medium-high heat 4 to 5 minutes per side or chicken reaches internal temperature of 165 degrees F.
6. Serve with sauce on top.



Spinach Shapes

Spinach Shapes

8 oz box of frozen spinach
 ½ cup breadcrumbs
 2 egg whites

1. Beat 2 egg whites lightly.
2. Drain spinach and squeeze as much water out as possible. Put spinach into a mixing bowl. Add breadcrumbs and mix.
3. Fold in 2 egg whites and mix until ingredients become dough-like. Pat dough on cutting board until flat. Cut into shapes of your choice.
4. Bake at 350 degrees for 10-15 minutes until golden brown.

Did you know?

When it comes to toddlers, cutting foods into fun shapes will almost always get their attention! You can use cookie cutters or free-hand your designs!



Frozen Fruit Cups

3 ripe bananas, mashed
 ½ cup sugar
 13.5 oz can crushed pineapple (not drained)
 1 can or 2½ apricots cut up (not drained)
 1 cup of pureed blueberries
 6 oz can frozen orange or apple juice
 1 cup water

1. Mix all ingredients and pour into ice cup trays or muffin liners. Place in freezer overnight.
2. Makes approximately five Frozen Fruit Cups.
3. Feel free to switch up the fruits for whatever your child likes best! (Be sure to use apple juice for children under 12 months old. [Click here](#) for details.)

Did you know?

Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. They are also sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C and folate (folic acid).



Frozen Fruit Cups



Index

A

apples 12
apple yogurt dip 16
avocado 9

B

bananas 9
breakfast wrap 18
broccoli 14

C

carrot puree 10
carrots 10
chicken fingers 20
chick peas 17
cranberries 20
cranberry ginger grilled chicken fingers 20

E

eggs 18
extrusion reflex 4

F

feeding stages 5
food sensitivity 10
forbidden foods 8
freezing purees 6
freezing results 6
frozen fruit cups 21
fruits 21

G

go bananas! 9
goofy eggs 18
green beans 10

H

honey of a hummus 17

I

infants 4

P

peaches 11
peach puree 11
pork, carrots & applesauce 12
pumpkin mac & cheese 16
pumpkins 16

S

saving money 15
serving size 5
sole, sweet potato & broccoli puree 14
spices 19
spinach 15
spinach shapes 21
stage 1, feeding 5
stage 2, feeding 5
stage 3, feeding 5
stage 4, feeding 5
stage 5, feeding 5
steamed green beans 10
strawberries 12
strawberries & oatmeal 12
suggested foods 8
superfoods puree 15
sweet potatoes 11
sweet potato puree 11

T

toddlers 4
tofu 17
tofu dipping sticks 17
tomato 13
tomato sauce with pasta stars 13
turkey 13
turkey & gravy 13
turkey pilaf 19

Y

yogurt 16



There are so many reasons to choose homemade food for your baby:

- You know exactly what you're feeding your baby
- It's more economical than buying pre-packaged foods
- You can choose your own fruits, vegetables, and other foods for purees, instead of relying on the flavors chosen by manufacturers. You're not going to find melons or avocados in the baby food section of the supermarket.
- It gets the baby used to eating the same food as the rest of the family -- just in puree form.

Myra Bartalos, the mother of a 20-month-old daughter in Brooklyn, N.Y, found that making her own baby food was easy and appealed to her concern for her daughter's nutrition.

"What sealed the deal for me was finding out that jarred food is cooked at extremely high temperatures to kill bacteria for longer storage, at the same time taking out many of the food's vitamins and nutrients and taste," says Bartalos. "I would roast, steam, or boil veggies or fruit on the weekends and puree in a mini food processor. I'd make three or four different fruits and veggies at a time, so I had a month's worth of food with each cooking weekend."



Turkey Pilaf, 19



Superfoods Puree, 15



Tomato Sauce with Pasta, 13