



DIY

15 quick and healthy recipes

BABY FOOD RECIPES

by

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WELCOME

Making your own baby food has many advantages when compared to buying off the shelf pots or jars. It is going to be cheaper, but perhaps most importantly you will know exactly what you are feeding your baby.

Some basic rules...

You are advised to check with your GP before trying any new foods in your baby's diet.

- **Make sure your baby is ready for solids** - Exact times can vary but it is normally when a baby can sit upright, hold their head up, and is more interested in food.
- **Beware of allergens** - Foods such as eggs, milk, wheat, soy, nuts, fish, shellfish, and honey may cause some allergic reactions. You are advised to test small quantities when introducing new food types.
- **Beware gas-inducing foods** – Foods such as beans, broccoli, onions, and dairy can cause gas. You should consider waiting until your child is 10+ months before trying gas-inducing foods.

Try Organic: Pesticides and other toxins should be avoided as much as possible, but this is even more so in young children. Organic ingredients are recommended, but if this is not an option try and avoid the highest pesticide-laden foods.

Disclaimer: It is your responsibility to ensure the food you feed your child is safe for them. The recipes in this ebook are intended as a guide and we (Kid Transit) do not accept any responsibility for any issues that may occur by following these recipes.

THE RECIPES

While quantities are given they should be viewed as a suggestion only. It is up to you how much of each ingredient to use and you can even add additional ingredients to the recipes if you choose to do so.

The basics of most recipes here involve cooking and mashing/blending. This is true of most baby foods which makes them very easy to prepare.

Cooking larger quantities is always a good idea because you can easily put the food into ice trays and freeze. This means when you need a quick meal you can pop out 2 or 3 (or maybe even more) ice cubes of food when you need it and defrost before eating.

Boil, steam, microwave or roast. For most of the recipes you can cook the ingredients using your preferred method. Just make sure the food is well cooked and mashes/blends well.

Always ensure the food is cool enough to eat before offering it to your baby.

4-6 MONTHS

Stick to foods with thin, single ingredients that can be pureed easily.

Low-acid fruit and sweet vegetables are best. New food types should be spaced out (ideally a minimum of 4 days apart) to identify any allergies.

Recipes for children this small are very easy to make and generally involve cooking and blending a single ingredient.

Brown Rice Cereal Puree



Recipe inspired by and image from:
weelicious.com/2011/02/28/brown-rice-cereal/

INGREDIENTS

1/2 cup short grain brown rice.

METHOD

Place the rice in a spice grinder or blender and finely grind.

Bring 1/2 cup of water to a boil and sprinkle in the ground rice.

Stir continuously for 30 seconds and then leave for another 5 minutes (stirring occasionally) until the rice is thick and creamy. Add water if needed.

Make sure it is cool enough to eat before serving.

Sweet Potato Puree



Recipe inspired by and image from:
rasamalaysia.com/sweet-potato-puree/

INGREDIENTS

1 medium sweet potato
(peeled and finely diced).

METHOD

Add the sweet potato to a pan along with 1 cup of water. Bring to the boil and cook for about 15 minutes or until the sweet potato is very soft.

Mash or blend to a smooth paste/puree and make sure the puree is cool enough to eat before serving.

Carrot Puree



Recipe inspired by and image from:
chocolateandcarrots.com/crackersandcarrots/2013/03/homemade-baby-food-carrots

INGREDIENTS

2 medium carrots (peeled and finely diced).

METHOD

Add the carrot to a pan along with enough water to cover them. Cook for 15-20 minutes or until the carrot is soft.

Mash or blend to a smooth paste/puree and make sure the puree is cool before serving.

You can add water (from the pan) while blending to change the consistency of the puree.

Butternut Squash Puree



Recipe inspired by and image from:
frugalfanatic.com/butternut-squash-baby-food/

INGREDIENTS

1 butternut squash (cut in 1/2 and seeds removed).

METHOD

Pre-heat the oven to 190°C, gas mark 5 or 375°F. Add the butternut squash halves (flesh down) to a baking dish that has a little water in the bottom (to prevent sticking). Cover the baking dish in foil.

Cook in oven for 45mins and once cool enough to handle scoop out the squash and mash/blend until very smooth.

To vary the consistency just add water. Make sure it is cool enough before serving.

Pea Puree



Recipe inspired by and image from:
insockmonkeysippers.com/pea-puree-for-baby-and-pea-and-cheese-quesadillas-for-the-picky-eater

INGREDIENTS

1/2 cup of frozen peas.

METHOD

Heat up the frozen peas until defrosted. Then add to a blender and blend until smooth.

Add water to get the consistency you want.

The skins on the peas can be difficult to get smooth, so you can pass the mixture through a sieve to get very smooth if you choose.

7 & 8 MONTHS

At this age you may want to start preparing thicker purees as well as testing other fruits and vegetables. You can experiment with lentils and meats (proteins).

Still try one new ingredient at a time, but you can definitely mix a few together once no allergies show for the individual ingredients.

Green Bean, Kale & Potato



Recipe inspired by and image from:
rodalorganiclife.com/food/green-bean-potato-and-kale-puree

INGREDIENTS

6 green beans (ends cut off).
1 large russet (baking) potato
(peeled and diced).
4 large kale leaves (stems
removed and coarsely
chopped).

METHOD

Place the potatoes, kale, and beans into a pan and cover with water. Boil until the potatoes are very soft (crush easily with a fork).

Place all ingredients into a blender and blend until smooth.

To add more flavour you could add some unsalted chicken stock to the water and/or parmesan cheese when blending.

Blueberry, Mango & Avocado



Recipe inspired by and image from:
babyfoode.com/blog/2014/1/13/raw-puree-blueberries-mango-avocado-mild-green-chiles

INGREDIENTS

1/2 cup blueberries.
1 thick slice of mango (peeled
and diced).
1/4 avocado.

METHOD

Simply mash up all ingredients with a fork until you get the consistency you want. Use a blender if you want a smoother result.

While very simple it combines three ingredients that are both delicious and very healthy.

Beetroot & Blueberry



Recipe inspired by and image from:
mashyourheartout.com/babyfood-recipes/beets-blueberry-mash

INGREDIENTS

2 medium beetroots (peeled and diced).
1/2 cup fresh or frozen blueberries.

METHOD

Add the diced beetroot to a pan with enough water to cover them and boil.

Add the blueberries to the water after 5 minutes and then boil the beetroot and blueberries for a further 5 minutes or until the beetroot is nice and tender.

Mash or blend until smooth. Make sure the food is cool enough to eat before serving.

Parsnip, Pear & Fig



Recipe inspired by and image from:
petitworldcitizen.com/parsnip-pear-and-fig-puree/

INGREDIENTS

2 medium parsnips (peeled and diced).
1 pear (cored and diced).
3 dried figs (diced).

METHOD

Place the parsnips in a pan and cover with boiling water. Boil for about 10 minutes and then add the pear and figs. Cook for a further 5 minutes or until all ingredients are soft.

Mash or blend all ingredients until smooth. Make sure the food is cool enough to eat before serving.

Make this recipe a bit more exciting by adding some orange zest and/or maple syrup.

Chicken with Carrots & Apple



Recipe inspired by and image from:
annabelkarmel.com/recipes/chicken-sweet-potato-apple-puree

INGREDIENTS

- 1/2 small onion (peeled and sliced).
- 2 medium carrots (peeled and diced).
- 1/3 chicken breast (diced).
- 1 small apple (cored, peeled and sliced).
- 1/2 tbsp olive oil.

METHOD

- Heat (medium) the olive oil in a saucepan and cook the onion until softened.
- Add the carrots and pour over 250ml of water bring to the boil. Reduce the heat, cover and cook for 10 minutes.
- Add the chicken and apple and cook for another 10 minutes (make sure the chicken is cooked).
- Blend all ingredients until smooth and serve when cooled.

9-12 MONTHS

All babies are different but by this age they are probably ready for chunkier purees, small pieces of soft cooked vegetables, and more dairy products.

Blueberry & Chickpea



Recipe inspired by and image from:
babyfoode.com/blog/2014/5/15/blueberry-chick-pea-rosemary-chunky-puree

INGREDIENTS

- 1/2 cup blueberries.
- 1/2 cup chickpeas (strained and drained).
- 5 rosemary leaves (washed).

METHOD

This is a simple recipe but it adds more flavour with the rosemary and also a thicker texture with the chickpeas.

Blend the blueberries, chickpeas and rosemary until you get the texture you are happy with.

Alternatively mash the blueberries and chickpeas with a fork and finely chop the rosemary and mix together.

Add water to get the consistency just right.

Quinoa Ratatouille



Recipe inspired by and image from:
loveandduckfat.com/homemade-baby-food-quinoa-ratatouille/

INGREDIENTS

1 tbsp olive oil.
1/2 medium onion (diced).
1 pinch dried thyme leaves.
1 cup aubergine (diced).
1 cup courgette (diced).
1 tomato (diced).
1/4 cup quinoa.

METHOD

Quinoa is a high protein grain (actually same family as chard and spinach) and contains many healthy elements.

Heat oil over medium heat and add the onion. Cook until soft (5 minutes). Add the thyme, aubergine, courgette, tomato, quinoa and 1 cup of water. Bring to a simmer, cover and cook for 15 minutes (until the quinoa has 'sprouted').

Puree in a food processor to get the consistency you like. Add more water to make looser.

Bean, Sweet Potato & Carrot



INGREDIENTS

1 can (15oz/350g) cannelloni beans (rinsed and drained).
1 medium sweet potato (peeled and diced).
2 medium carrots (peeled and diced).

METHOD

Add the sweet potato and carrots to boiling water and cook until soft (15 minutes).

Drain the water and add the beans to the veg and mash or blend to your desired consistency.

(Optional) You can jazz this up a little by adding one or more of these ingredients: Unsweetened apple sauce, maple syrup, light brown sugar.

Chicken & Corn with Coriander



Recipe inspired by and image from:
babybulletblog.com/chicken-and-corn-with-cilantro-puree/

INGREDIENTS

1/3 chicken breast (diced).
2 tbsp sliced onions.
2 tbsp coriander (washed,
leaves and stems chopped).
1/4 cup sweetcorn (fresh or
frozen).
1/2 cup brown rice (cooked).

METHOD

Put the chicken in a pan of boiling water, cover and simmer for 5 minutes.

Add the sweetcorn and onion to the pan, bring back to the boil, cover and cook for 5 more minutes (or until the chicken is cooked).

Drain water and add the cooked rice and coriander. Blend and add water (or unsalted stock) until you get your desired consistency.

Baby Lasagne



Recipe inspired by and image from:
loveandduckfat.com/homemade-baby-food-recipe-vegetable-lasagna/

INGREDIENTS

- 1/2 onion (diced).
- 1 tbsp olive oil.
- 1 small garlic clove (finely sliced).
- 2 medium carrots (diced).
- 1 cup courgette (diced).
- 2 tbsp tomato puree.
- 1/2 cup pasta (your choice - cooked).
- 2 tbsp ricotta cheese.

METHOD

Cook the onion on a medium heat until soft (5 minutes). Add the garlic, carrots, courgette, tomato puree and 1 cup of water. Stir and bring to a boil. Reduce heat, cover and simmer for 15 minutes (or until the carrots are soft).

Remove from heat and drain off any excess water (keep water for later). Add the pasta and ricotta to the pan. Allow to cool and blend until smooth.

Add the cooking water to alter the consistency of the puree to your liking.

THANK YOU

We hope you enjoy making all of these recipes and that your baby loves eating them.

All the recipes here are a guide only and you can vary ingredients and consistencies as you please. You can add cooked (finely diced) veg to some of the purees if your baby is comfortable eating these, or swap meat/protein types to give a different taste.

We know it can be a challenge thinking up exciting and different foods for our children, but when they are babies it is the perfect time to experiment and test out new food types. Babies are more comfortable with new tastes so take advantage of this before they get to the stage when they become more picky towards new flavours.

Thanks for reading.

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