

BABY FOOD RECIPES



CARROTS

INGREDIENTS: Fresh or frozen carrots
Breastmilk or formula

PROCEDURE

1. Rinse the carrot in cold water and peel with a veggie peeler.
2. Remove greens.
3. Dice into small pieces.
4. Bring water to a boil in a medium saucepan. (If you are using the carrots and veggies leftover from stir
5. Fry meal-skip steps
6. Reduce heat (until bubbles are soft) and cook carrot until tender (about 10 to 15 minutes).
7. Drain carrot and rinse with cold water for three minutes to stop the cooking process.
8. Puree cooked carrot in a food processor or blender until smooth.
9. Add breast milk or formula as needed to reach desired consistency.
10. Put in ice cube trays. Cover and freeze.

⇒ *As baby tries more foods and shows no physical reaction you can begin combining carrots with other veggies such as green beans, sweet potatoes, zucchini, peaches, chicken etc*

⇒ *Once your baby is ready for finger foods, typically around 10 months, you can serve carrots cooked and cut into tiny pieces.*

KALE

INGREDIENTS: 1 bunch kale
Breastmilk or formula
Reserved water from cooking

PROCEDURE

1. Wash kale thoroughly and discard the stems.
2. Cook the kale in boiling water for 5 minutes OR microwave on HIGH for 7 minutes, stirring halfway through.
 - If boiling, reserve about 1/2 cup of the liquid to blend or puree baby's food in your food processor or blender Note: Dice into small pieces.
 - If using microwave, kale is mostly water and will have water droplets which is adequate enough for pureeing
3. Puree in a food processor or blender until smooth (remember to use water from boiling).
4. For additional nutrients do part water, part breast milk or formula as needed to reach desired consistency.
5. Let sit and cool before serving or put in ice cube trays. Cover and freeze.

