

# BABY FOOD RECIPES



## AVOCADO

INGREDIENTS: One avocado and breastmilk or formula

### PROCEDURE

If Serving Immediately

1. Mash the avocado with a fork or blend it in a food processor.
2. Mix with breastmilk, formula or water to reach desired consistency-start 1-2Tbsp at a time.

If Freezing

1. Follow Step 1 above.
2. Divide into ice cube trays, wrap/cover, and freeze.
3. Transfer frozen cubes to a resealable plastic bag and store in the freezer.
4. Thaw in the fridge the night before use is best practices to prevent food safety concerns.
5. Once defrosted, mix with breastmilk, formula or water to reach desired consistency.

*Note: Each ice cube = 1 oz. of food. When your baby gets used to solids, you don't have to thin out the avocado.*

## BROWN RICE CEREAL

INGREDIENTS: 2 C. water and 1/2 C. brown rice

Yield 1 C or 16 oz.

### PROCEDURE

1. Add the uncooked brown rice to the food processor and blend to a fine powder
1. Combine brown rice and water to a pot and cover until it boils (rice cooker gets it done quicker; brown rice has to be cooked longer than white rice)
2. Turn the heat to low and cook with the cover for 20 minutes (add more water if desire thinner consistency); add breast milk or formula as desired
3. Pour it into plastic ice trays. Freeze. Cover.
4. Transfer frozen cubes to a resealable plastic bag and store in the freezer.
5. Thaw in refrigerator.
6. Heat (adding hot water may suffice). If using microwave, let it cool then serve

*Initially one cube will do but as baby gets older or becomes less satisfied you will have to increase it.*

## GREEN PEAS & OTHER VEGGIES

INGREDIENTS:

3 C. frozen peas and 1/2 C. breastmilk or formula

### PROCEDURE

1. Follow package directions for cooking the peas.
2. Place veggie and breast milk/formula in blender or food processor and puree until creamy.
3. Feel for lumps which are choke hazards.
4. Put mixture into an ice cube tray, cover with plastic wrap and freeze until solid.
5. Transfer frozen cubes to a resealable plastic bag and store in the freezer.
6. To serve, heat cubes in the microwave for about 30 seconds until warm but not hot. Stir thoroughly.

## SWEET POTATOES

INGREDIENTS: 2 medium sweet potatoes

### PROCEDURE

1. Preheat the oven to 400 F (consider using air fryer).
2. Scrub and Peel Potatoes and prick with fork. (If using air fryer, cut in quarters).
3. Place on a baking tray on bottom shelf of oven
4. roast for about 45 minutes or until tender (if using regular potatoes usually 1 hr.).
5. Remove & cut the potatoes in half or quarters and puree in a food processor until smooth (pudding consistency). However as baby gets older allow for more texture so they can learn to graduate to textured foods.
6. Put in ice trays/cover/ freeze.
7. Transfer frozen cubes to a resealable plastic bag and store in the freezer.
8. You can add a little of your baby's milk/formula to thin out the consistency if you wish.



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*Lifestyle Changes Now Impacting Food & Nutrition Habits Of Future Generations* - Created for Our Kitchen Table