

Baby Food Recipes

Making baby food for your baby is a great alternative to purchasing food in jars.

For safe baby food:

- Keep everything clean.
- Remove potential choking hazards.
- Fully cook food.

Use extreme caution if defrosting, heating or cooking baby foods in a microwave oven, and always stir food well before feeding it to your baby. Microwave ovens can heat unevenly and form hot spots that could burn your baby's mouth. See the "Making Baby Food" education card for more information.



For all baby foods, blend or mash and add liquid or infant cereal until it is the thickness your baby likes.

Vegetables – begin when baby is 6-8 months

- Carrots
- Broccoli
- Squash
- Green peas
- Sweet potatoes
- Green beans

Steam or boil vegetables until tender.

Fruits – begin when baby is 6-8 months

- Bananas
- Apricots
- Apples
- Melon
- Pears
- Plums

Mash soft, peeled, fresh fruits or cooked fruits without seeds.

Meats & Proteins – begin when baby is 8-10 months

- Lean beef
- Chicken
- Turkey
- Fish
- Egg yolk
- Beans or lentils

Bake, boil or broil food until cooked and tender.

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Put one serving aside to offer to your baby and store the remainder for another meal.

Fruit Salad

- 1/4 ripe banana, peeled
- 1/4 ripe pear, peeled
- 2 tablespoons applesauce
- 1-2 tablespoons infant cereal (dry)



Mash together with a fork and serve to baby with a spoon.

Harvest Vegetable Soup

- 1/4 cup cooked potatoes, peeled
- 1/4 cup cooked carrots
- 1/4 cup cooked peas
- 2 tablespoons cooking liquid (from cooking vegetables)



Cook vegetables until tender. Mash or puree vegetables and combine with cooking liquid.

Beans and Rice

- 1/2 cup cooked pinto beans, black beans or lentils
- 1/4 cup cooked rice
- 2 tablespoons cooked carrot and tomato
- 1-2 tablespoons cooking liquid (from cooking vegetables)

Mash ingredients together, adding cooking liquid until it is the thickness your baby likes.

For a variety of mixed dinners:

- 2 tablespoons cooked, chopped meats or beans
- 1/4 cup cooked rice, pasta or potatoes (peeled)
- 2 tablespoons cooked vegetables with cooking liquid (from cooking vegetables) to moisten

Mash desired ingredients together, adding cooking liquid until it is the thickness your baby likes.

