

Baby Recipes – Purées!

Purée Vegetable Basics

Puréeing is all the rage and thank goodness. With just a few tips under your belt, you can prepare your baby food using organic, delicious vegetables and here is the best part—you will know exactly what is in the food you give your baby! I will use the term “processor” to refer to your blender, your processor, your food mill, or whatever you are using to purée. To get the correct liquidy consistency necessary for beginner eaters, water must be added to the food mixture being processed.

For most vegetables, use the water in which they were cooked, whether the water is from steaming, baking, or boiling. This water contains valuable nutrients that have leached out of the vegetables during cooking.

Place chunks of cooked vegetables into the bowl of the processor so that it is almost full. Make sure you leave some head room. Add a tablespoon or two of the cooking water. Cover, keep your hand on the lid, and start the processor. Pour water very slowly through the hole in the top of the processor until the food moves freely. Use the least amount of water necessary to get the consistency you need for your baby’s age.

Purée Fruit Basics

Place whole fruit, complete with skin (think nectarine, peach, apple, pear) in boiling water for approximately 45 seconds. Remove the whole fruit with a slotted spoon and into a bowl filled with a few ice cubes and some cold water (an ice water bath.) The skins should be easy to remove with fingers or a paring knife. Once skinned, remove the pit or seeds and cube the remainder of the fruit.

Save the water in which the fruit was cooked for later use.

Place the cubed fruit into your blender with a bit of the reserved liquid. Since fruit has a lot of liquid anyway, you might not need to add much reserved water. Purée away!

Once blended put the pureed fruit through the holes of a strainer to remove small seeds and any bits of remaining peel.

The recipes that follow will give you ideas for beginner baby foods. The variations are endless. Once you get the hang of it you can easily create your own.

Recipes for Babies 6 to 7 Months Old

Consistency at this age should pour off the spoon into the baby’s mouth!

The Avocado Smash

Avocado is a terrific first food for baby!

- Take a sharp knife and cut avocado in half crosswise.
- Remove the huge seed.
- Use a spoon to scoop out flesh from peel and place on a flat dish.
- Use a fork to mash flesh on dish.
- Adjust the consistency with some breast milk or formula.

The Banana Smash

Talk about handy, bananas are nutritious and versatile—when the time is right you can add many goodies to it.

- Peel an organically-grown banana.
- Fork mash or purée in your blender.
- Adjust the consistency with some breast milk or formula.

Puréed Cooked Peas

- Select crisp, bright green pea pods.
- Remove peas from pods. Place in a colander and rinse well.
- Steam peas for 8 minutes or until tender, reserving the liquid.
- Place peas in blender with some reserved liquid and purée away!
- Place purée through a strainer to remove remaining skins.

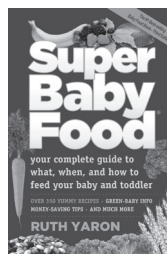
These are just a few of the more than 350 recipes found in **Super Baby Food**. Order your copy today.



Everything you'll need to give your Super Baby the very best!



The **Super Baby Food Book & eBooks**
 BPA-Free Food Storage Containers
 Breastfeeding Pumps & Supplies
 Mommy & Baby Care Products
 Electric & Manual Food Mills
 Toys & Feeding Products
 Child Safety Products
 AND MUCH MORE!



All of the products in The Super Baby Store are personally recommended and hand-picked by Ruth Yaron, the author of the best-selling **Super Baby Food** book, and her team, to be perfect for you, your families, and especially your Super Babies.



20% OFF
 your first Superbabystore.com order
 Just enter **SECOND** at checkout
 Code valid once per customer