

# Basic Recipes for Baby Foods

## FRUITS

### Cooked Fruits

Wash fresh fruit. Cook in a little bit of boiling water until soft. Puree or strain so all of the lumps are gone. Make sure there are no seeds or skin in the fruit. Rinse canned fruits to remove part of the sugar if canned in syrup. If using home canned products, make sure proper canning guidelines were followed.

### Ripe Banana and Other Fresh Fruit

Ripe bananas have a brown skin with spots. Mash a little bit. Other fresh fruits can be ripe cantaloupe, peaches, apricots, pears, prunes.

### Frozen Fruits

Frozen unsweetened fruits purchased in bags can be slightly thawed, then blended and frozen in ice cube trays. An 18-ounce bag of frozen fruits and vegetables will fill an ice cube tray.

## VEGETABLES

To cook: Boil, Steam or Bake, then blend or mash.

Add fruit juice, breast milk, formula, or juice from the cooked vegetables to thin.

DO NOT add salt, sugar or fat.

By 6 months of age, home prepared spinach, beets, carrots and turnip or collard greens, should be tolerated.

## MEAT AND MEAT ALTERNATES

(Do not add salt or fat)

One pound of meat equals one and a half cups pureed (blended) meat, about 8 to 10 food cubes. Do not use pre-cooked luncheon meats such as bologna or bacon because of too much salt and additives.

### Basic Meat Recipe

Half a cup finely cubed meat that is well-cooked, and 2 tablespoons (more or less) breast milk, formula or unsalted meat broth.

## Liver

Liver is the easiest meat to blend. It also is very rich in iron. Steam liver in a small amount of water in a covered pan about 8 to 10 minutes and blend.

## Hard-Cooked Egg

Put a fresh egg in water. Bring water to a boil. Turn off the heat and let the egg sit in the hot water 20 minutes. Remove the cooked yolk and mash with a fork.

Do not serve the egg white to the baby until baby is 12 months old.

## Egg Custard

Put one egg yolk,  $\frac{1}{4}$  cup milk, and 1 teaspoon sugar in a pan. Stir over medium heat until mixture is thick.

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