20 DELICIOUS RECIPESTO KEEP YOUR BABY HAPPY & HEALTHY

Kiddo Feedo

The Ultimate Guide to

BABY

FEEDING



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Introduction to HOMEMADE BABY FOOD

Making homemade baby food is a lot simpler than one may first think, even for a very busy parent. There is no need for expensive equipment, special cooking skills or a lot of spare time. Anyone can make healthy, tasty baby food and do it well. All you need are wholesome foods, simple cooking tools and your Kiddo Feedo Freezer Tray.

Allowing your little one to eat homemade baby food that is made from love and scratch provides your child with flavor, variety and nutrients. Children who are fed wholesome and nutrient-dense foods from the beginning of life thrive in today's fast-paced world full of artificial colorings, flavorings, chemical additives and harmful pesticides. Everyone wants to eat fresh, wholesome, great-tasting foods; even your baby, which is why preparing homemade food is a lifetime gift.



"I ALWAYS
WONDERED WHY
BABIES SPEND
SO MUCH TIME
SUCKING THEIR
THUMBS.
THEN I TASTED BABY
FOOD."

- ROBERT ORBEN

There is no doubt homemade baby food is healthier than the commercially manufactured alternatives. Commercial baby food is heated to extremely high temperatures, which not only destroys the natural flavor, color, aromas, but even worse - the nutrients!

Homemade baby food on the other hand is very high in nutrients, full of flavor and aroma, and you get to choose the ingredients that you serve to your baby rather than relying on flavors chosen by manufacturers.

This allows your baby to try a greater variety of foods with different tastes and thicknesses and it also gets your baby used to eating the same foods as the rest of the family.

The recipes put together in this eBook are made with wholesome, nutritious ingredients, avoiding any harmful additives. The recipes are strategically designed to develop powerful brains, dense bones, strong muscles and tough immune systems.

With batch cooking, which we talk about in this eBook, being both a time and energy saver, even the busiest parents will find it easier to stay on track with having the whole family eating healthy food.

Creating a positive FEEDING ENVIRONMENT

Nourishing your baby is not just about nutrition, but also the giving and receiving of love using quality wholesome foods through a positive feeding experience and environment. Concentrating on the entire feeding environment from the first day of life creates healthy eating habits that last a lifetime.

A positive feeding environment includes:



ENCOURAGEMENT OF SELF-REGULATION OF CALORIE INTAKE

Self-regulation is allowing your baby to determine how much or little they will eat at one time. For many parents this will seem scary as we want our babies to eat and grow, however babies know when they are hungry or full. Learn your baby's cues and respect their signals for hunger or fullness. Please see page 12 for typical signals. Babies who are forced to eat when they are not hungry establish a lifetime of unhealthy eating habits.



EMPOWERING SELF-FEEDING

Self- feeding is simply allowing babies to feed themselves. The technique includes purées and spoon-feeding. After placing food on the spoon, show your child the spoon. Encourage them to reach for the spoon and pull it to their mouth or watch for them opening their mouth. Feeding at your baby's pace is critical to teaching self-feeding skills for a new eater. As your baby becomes an experienced eater, allow them to self-feed using their fingers. Babies will begin to use their fingers as a rake to self-feed. This is a normal milestone and should be encouraged.



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POSITIVE FAMILY INTERACTION

Family dynamics play a vital role in the acceptance of foods. If you do not like a food and speak negatively about it, your child will reject it too. Providing a healthy eating environment and a positive, supportive dinnertime routine is essential. Lots of praise should accompany your baby trying new foods as well.



COMFORTABLE FEEDING ENVIRONMENT

If you want your baby to eat well, keep to a routine and remain focused whilst your baby is eating. Keep distractions to a minimum such as turning off the TV, cell phone, and computer. Do not play eating games (airplane) with children while they are eating as it may create a choking hazard. Ensure your baby is placed safely and comfortably in a highchair and ensure the room is set at a comfortable temperature. Allow your baby to take their time to eat and explore the food with their fingers.



Recent studies have revealed that the order of food introduction is not as important as once thought. It is more important that your baby is developmentally ready to begin solids, which usually occurs around six months for most healthy babies.

The best FIRST FOODS



FRESH VEGETABLES

Carrots, Parsnip, Sweet Potatoes, Butternut Squash, Zucchini, Broccoli, Peas & Beans.

These vegetables are easy to digest and unlikely to provoke an allergic reaction. They all carry an array of benefits for healthy growth and development of your baby.

FRESH FRUIT

Banana, Blueberries, Avocado, Apples, Papaya, Pears, Peach, Plum & Melon.

These are good digestible first fruits that will add flavor, nutrition, texture, and color to any purée. The "skins" of the fruits should always be peeled, especially prior to 8 months old. Cooking fruit is recommended prior to 6 months old.

GRAINS

Whole grains such as Gluten Free Oats, Millet, Quinoa or Amaranth that are concentrated sources of fiber means more regularity and better digestion for your baby.

MEAT

Grass-fed, Pastured
Beef - a good source of
protein, iron and vitamin
B. To keep it digestible
for tiny stomachs, choose
a lean cut like top sirloin
steak. Choose organic beef
if you can, or grass-fed if
available, as it is higher in
healthy omega-3 fats than
corn-fed beef.

POULTRY

Grass-Fed and Pastured Poultry are fed all the green plant food they desire, which again means healthy omega 3-fats. Like meat, poultry is a good source of protein for your baby, boosting growth and development.

WILD FISH

Fish are highly nutritious and contain huge amounts of protein. They also have the highest amount of omega-3 fatty acids than any other protein source. White fish such as Flounder, Haddock, Cod and Sole are considered some of the safest to introduce. Fish contain tiny bones that are not always visible to the naked eye so take great care when deboning the fish.

EGGS

Cooked Egg Yolk.

Organic, cage-free chicken egg yolks contains good cholesterol and omega-3 fatty acids which is needed for brain development.

Avoid egg whites as it's on the list of most allergenic foods. Avoid giving your baby raw eggs or softboiled eggs as there is a slight chance of salmonella contamination.

Foods to KEEP AWAY FROM

There are a few foods that your little should stay away from. Below is your guide to foods to avoid during your baby's first year and longer:

FOOD	EXPLANATION
rice	high in arsenic which has been linked to cancer
honey	risk of infant botulis, a rare but potentially fatal illness
salt	harmful to babies immature kidneys
sugar/cornsyrup	linked to tooth decay, obesity and diabetes
saturated fats	raises the levels of LDL cholesterol (the bad cholesterol!)
soft cheese	soft non-pasteurized cheese can carry listeria
raw shellfish	increases the risk of food poisoning
whole nuts	a choking hazard, wait and introduce until 5yrs old
cow's milk	contains minerals that can cause damage to the kidneys
food colorings	can lead to hyperactivity, asthma and eczema
food additives	increases the chances of obesity and ADHD
pesticides	have been linked to cancer, Alzheimer's Disease, ADHD

Food allergies & ALLERGENIC FOODS

Earlier guidelines suggested delaying the introduction of potentially allergenic foods to infancy in an effort to prevent food allergy. These guidelines have since been overturned by the World Health Organization, The American Academy of Pediatrics and paediatrician around the world.

Public health campaigns are now urging parents to introduce foods such as peanut butter, eggs, wheat and yoghurt to their baby's diet before they turn one-year old, in order to reduce their chance of developing food allergies.

Always talk to your pediatrician about introducing these allergenic foods. If your child is at high risk for an allergy or other food allergies (because of a family history or an existing food allergy or eczema), your doctor might recommend doing allergy testing before introducing these foods, or feeding your child these foods at the doctor's office in case of an allergic reaction.



When to start feeding a baby **SOLID FOODS**

Generally, your baby will let you know when they are ready to begin solid foods. In saying that however, it is still recommended to evaluate their ability to physically chew and swallow foods before introducing any solids.

There are some physical signs to look out for that will help you decide if the time is right.

SIGNS THAT INDICATE YOUR BABY IS READY FOR SOLID FOODS:

- baby can sit up and support their head
- the extrusion reflex is gone

The extrusion reflex only allows infants to swallow liquid foods like breast milk. This reflex is gone when baby's tongue can transfer food to the back of the mouth and swallow.

If your baby (typically 5 months or younger) rejects foods by spitting it out, it is most likely they still have the extrusion reflex and lack the ability to physically swallow purées. Wait a week or two and try again.

SIGNS THAT INDICATE YOUR BABY IS NOT READY FOR SOLIDS:

- baby is chewing their fists
- baby is waking in the night when previously sleeping through
- baby wants extra milk feeds

Keep in mind that these are just things that growing babies do, but they don't necessarily mean that your baby is ready for solids.



OTHER SIGNS THAT INDICATE YOUR BABY IS READY FOR SOLID FOODS:

- baby shows a desire to eat by leaning into the spoon and opening their mouth when hungry
- baby shows that the meal has come to an end by leaning backwards or turning their head away from the food
- baby is able to chew food in an up-and-down motion
- baby shows an interest in your meal
- baby reaches for food and effectively puts the food into their mouth

When to end the FEEDING SESSION

Just as it is important to know when your baby is ready to start solid foods, it is equally important to know when your baby is done eating or is full. Allowing your child to self-regulate liquid or food intake, starting at the very first feeding after birth, is critical and should continue into adulthood.

There are a few signs to look out for that will help you to determine if your baby is full and is **DONE WITH EATING**:

- baby turns their head away from the food (breast, bottle, or spoon)
- food is being spat out or thrown
- baby shows an interest in other things
- baby cries
- baby arches back



BABY PURÉE BASICS

BATCH COOKING 101

CHECKLIST FOR PREPARATION & COOKING

TIPS FOR FREEZING & STORING

Baby PURÉE BASICS

Below is our list of essential baby food equipment that will help turn your food into baby-sized cubes, and start your baby on their journey into the wonder that is eating nutritious, wholesome food.



Batch COOKING 101

Cooking individual serving sizes of baby food can be time consuming. To save time, we suggest batch cooking; which essentially means cooking two or more purées in large amounts and freezing in individual serving sizes for future use.

Spending an hour or two prepping, slicing, steaming, puréeing and spooning fresh baby food into your Kiddo Feedo Freezer Trays for freezing is a great way to stay prepared.

BATCH COOKING BENEFITS

- saves you from spending extra time shopping and cooking
- allows you to take advantage of featured sales at the grocery store
- ensures you only have to clean up once
- enables you to be well prepared for busy days when you don't have time to prepare food for your baby

With batch cooking you are also able to mix and match with your frozen purées. As such it means you can offer your baby a variety of wholesome and nutritious foods at once.



Checklist for PREPARATION & COOKING

- Plan what you would like to cook and create a shopping list
- Schedule a time to cook; as an example we prefer to set aside 2 hours on a Sunday afternoon to make 1–2 large batches of purées
- Prepare and cook the food according to the cheat sheets
- After cooking your different purées, add each to the blender
- Start the blender on low and slowly increase the speed
- If using organic foods for the purée then add some of the cooking water to thin the purée (alternatively, add some filtered water)
- A novice eater (6-7 months) should be given a thin purée, whilst a more experienced eater (8 months and older) will start to enjoy more texture
- After blending the food, allow it to cool to room temperature before freezing

Tips for FREEZING & STORING

Pour the purée into your Kiddo Feedo Freezer Tray(s) and secure the lid. Freeze at $0^{\circ}F$ ($-18^{\circ}C$) for up to 5 hours. Remove the purée cubes from your freezer tray and add them to freezer bags or a freezer-safe containers that can be properly labeled. This way the purées can be stored in the freezer for up to 6 months and your Kiddo Feedo Freezer Tray is ready and waiting for a new food to store.

A guide for PREPARING & SERVING

To serve a purée, remove a frozen food cube from the freezer.

Defrosting the purée can be done one of two ways:

METHOD 1:

Place the frozen cube into a saucepan and allow the purée to defrost over a low heat.

METHOD 2:

Put the frozen cube in a covered dish in the refrigerator until completely defrosted.

Let the purée cool to a lukewarm temperature before serving to your baby.

NOTE: for food safety concerns, do not let your purées defrost on the counter at room temperature. If you are defrosting meat, make sure the meat reaches an internal temperature of 165°F (74°C) for at least 30 seconds before serving.





BRAIN BOOSTING
BONE BUILDING
IMMUNE BOOSTING
IRON RICH

Getting the most OUT OF THE RECIPES!

The beauty with batch cooking purées is that they can be eaten alone or in combination with another purée. The recipes below are strategically paired with various purées to maximize nutrient absorption to build powerful brains, tough immune systems, dense bones and strong muscles.

To cook the bulk purées, please refer to the <u>cheat sheets</u> and then follow the cooking, freezing, storing, and serving tips listed above.

HOW TO GET THE MOST OUT OF THE RECIPES:

- within the recipes we refer to the term "cube" this means one 2.5-oz/75ml portion of frozen purée from your Kiddo Feedo Freezer Tray
- each recipe is enough for 2–3 meals unless stated otherwise
- after making the recipe, serve portions from a separate serving bowl and spoon
- store any unused portions in a food-safe container with a lid that is properly marked with its contents and date
- unused portions can be stored in the refrigerator for up to 3 days
- disregard any leftover portions from the serving bowl after the feeding
- add breast milk or formula to reach a desired consistency that your baby is developmentally ready to eat



- ½ frozen beef cube
- 1 frozen carrot cube
- 1 egg yolk, fully cooked

For the beef and carrot cube refer to the <u>bulk purée preparation chart.</u>

RECIPE SUGGESTIONS FOR REMAINING BEEF PURÉE:

Apples & Beef

Baby's First Beef Stew

The remaining beef purée can also be paired with Peaches, Carrots or Sweet Potatoes.

Makes 1 serving.

Prep time 15 min.

METHOD:

- 1. In separate covered bowls, defrost the beef and carrot cube in the fridge.
- 2. Once defrosted, place ½ the beef cube and 1 carrot cube in a saucepan and save the remaining ½ beef purée in the fridge for a future meal recipe.
- 3. Cook over medium-low heat until an internal temperature of 165°F (74°C) is reached. Remove from heat and let cool to a lukewarm temperature.
- 4. Crumble the cooked egg yolk, mix into purée and serve.





- 1 apricot cube
- 1 tsp. minced, fully cooked wild salmon

For the apricot cube refer to the <u>bulk</u> purée preparation chart.

METHOD:

- 1. In a saucepan, heat the apricot cube and the salmon over medium low heat until an internal temperature of 165°F (74°C) is reached.
- 2. Remove from heat and let cool to a lukewarm temperature and serve.

Makes 1 serving.

Prep time 10 min.

INGREDIENTS:

- ½ avocado
- ¼ ripe banana

METHOD:

- 1. Cut and scoop out the flesh of half of the avocado.
- 2. Peel banana and chop ¼ piece.
- 3. Combine in a bowl and mash gently together with a potato masher or fork until creamy.

 Alternatively use a blender on low speed then serve.

Makes 1 serving.

Prep time 5 min.



- ½ avocado
- 2 Tbsp. whole-fat yogurt
- ¼ apple cube or 1 Tbsp. applesauce

For the apple cube, refer to the <u>bulk</u> <u>purée preparation chart.</u>

METHOD:

- 1. In a covered bowl, defrost apple cube in the fridge.
- 2. Remove recommended portion of apple purée, saving the remaining for a future meal.
- 3. Mix avocado, yogurt and apple purée in a bowl until smooth, alternatively use a blender on low speed then serve.

RECIPE SUGGESTIONS FOR REMAINING APPLE PURÉE:

Fall Harvest

Makes 1 serving.

Prep time 10 min.



- ½ kale cube
- 1 pear cube
- ½ chicken cube

For the kale, pear and chicken cube refer to the bulk purée preparation chart.

METHOD:

- 1. In separate covered bowls, defrost kale and chicken cubes in the fridge.
- 2. Once defrosted, remove recommended portions and combine with pear cube in a saucepan. Save the remaining kale and chicken purée's for a future meal /recipe.
- 3. Heat chicken, kale, and pear over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat, let cool to a lukewarm temperature and serve.

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Green Applesauce

Creamed Kale

Chicken & Carrot

Baby's First Beef Stew

Makes 1 serving.





- ½ winter squash cube
- ½ apple cube
- ½ carrot cube

For the winter squash, apple and carrot cube, refer to the <u>bulk purée preparation</u> chart.

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Peachy Oat Power

Chicken & Carrot

Baby's First Beef Stew

Winter Squash & Banana

(substitute equal parts of apple purée for peach purée)

Makes 1 serving.

Prep time 15 min.

METHOD:

- 1. In separate covered bowls, defrost squash, apple, and carrot cubes in the fridge.
- 2. Once defrosted, remove the amount of purées needed for the recipe and save the remaining purées for a future meal.
- 3. In a saucepan, heat all ingredients over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat, let cool to a lukewarm temperature and serve.





- 1 winter squash cube
- ½ mashed ripe banana

For the winter squash cube, refer to the bulk purée preparation chart.

METHOD:

- 1. In a saucepan, heat winter squash cube over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 2. Remove from heat and let cool to a lukewarm temperature.
- 3. Add banana, mix well and serve.

Makes 1 serving.

Prep time 10 min.

INGREDIENTS:

- 1 peach cube
- 2 Tbsp. whole-fat yogurt

For the peach cube, refer to the <u>bulk purée</u> preparation chart.

METHOD:

- 1. In a covered bowl, defrost peach cube in the fridge.
- 2. Once defrosted, mix in yogurt until well blended and serve chilled.

Makes 1 serving.

Prep time 10 min.

THE CLASSIC PEAR & APPLE

INGREDIENTS:

- 1 apple cube
- 1 pear cube
- 1 drop of blackstrap molasses

For the apple & pear cube, refer to the <u>bulk</u> <u>purée preparation chart.</u>

METHOD:

- 1. In a covered bowl, defrost apple and pear cubes together in the fridge.
- 2. Once defrosted mix the purées with molasses in a mixing bowl and serve chilled.

Makes 1 serving.

Prep time 5 min.





- ¼ broccoli cube
- 1 apple cube

For the broccoli & apple cube, refer to the bulk purée preparation chart.

METHOD:

- 1. In separate covered bowls, defrost broccoli and apple cubes in the fridge.
- 2. Remove the recommended amount of broccoli for the recipe and save the remaining purée for a future meal.
- 3. In a mixing bowl, mix apple and broccoli purées until smooth and serve chilled.

RECIPE SUGGESTIONS FOR REMAINING BROCCOLI PURÉE:

Broccoli & Bananas

Creamed Kale

(substitute equal parts of broccoli purée for kale purée)

Peaches & Peas

(substitute equal parts of broccoli purée for pea purée)

Makes 4 servings.

Prep time 20 min.



- ½ cup cooked oatmeal
- ½ peach cube

For the peach cube, refer to the <u>bulk purée</u> <u>preparation chart.</u>

METHOD:

- 1. In a covered bowl, defrost the peach purée in the fridge.
- 2. Cook the oatmeal according to the directions on the package. Add extra milk, breast milk or formula to reach a desired consistency.
- 3. Remove half of peach purée for the recipe and save the remaining for a future meal.
- 4. Mix the peach purée into the warm oatmeal.
- 5. Remove from heat and let cool to a lukewarm temperature and serve.

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Gone Fishing with Apricots

(substitute equal parts of apple purée for peach purée)

Winter Squash & Banana

(substitute equal parts of mashed banana for kale peach purée)

Green Applesauce

(substitute equal parts of apple purée for peach purée)

Chicken & Carrot

(substitute equal parts of pear purée for peach purée)

Baby's First Beef Stew

(substitute equal parts of carrot purée for peach purée)

Makes 1 serving.

Prep time 15 min.



- 1/4 kale cube
- 2 Tbsp. whole-fat yogurt
- 1/4 mashed ripe banana

For the kale cube, refer to the <u>bulk purée</u> <u>preparation chart.</u>

METHOD:

- 1. In a covered bowl, defrost kale purée in the fridge.
- 2. Once defrosted, remove the recommended amount of kale for the recipe and save the remaining for a future meal.
- 3. In a mixing bowl, mix kale purée, yogurt, and banana until smooth and serve chilled.

RECIPE SUGGESTIONS FOR REMAINING KALE PURÉE:

Green Applesauce

Kale & Pear

Broccoli & Banana

(substitute equal parts of kale purée for broccoli purée)

Makes 1 serving. P

Prep time 5 min.



INGREDIENTS:

- 1 apple cube
- ½ kale cube
- a pinch of chia seeds

For the apple & kale cube, refer to the bulk purée preparation chart.

METHOD:

- 1. In separate covered bowls, defrost apple and kale cube in the fridge.
- 2. Once defrosted, remove the recommended amount of kale for the recipe and save the remaining for a future meal.
- 3. In a mixing bowl, add both purées and a pinch of chia seeds, mix well and serve chilled.

RECIPE SUGGESTIONS FOR REMAINING KALE PURÉE:

Creamed Kale

Kale & Pear

Broccoli & Banana

(substitute equal parts of broccoli purée for kale purée)

Makes 1 serving.

Prep time 5 min.

ORANGE MADNESS

INGREDIENTS:

- 1 carrot cube
- 1 Tbsp. mashed sweet potato

For the carrot cube, refer to the <u>bulk purée</u> preparation chart.

METHOD:

- 1. Peel and boil a small piece of sweet potato for 10 min.
- 2. Mash the sweet potato.
- 3. In a saucepan, heat the carrot cube and the sweet potato over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat and let cool to a lukewarm temperature and serve.

Makes 1 serving.

Prep time 20 min.





& BANANA

INGREDIENTS:

- ½ broccoli cube
- 1/4 mashed ripe banana

For the broccoli cube, refer to the <u>bulk</u> <u>purée preparation chart.</u>

METHOD:

- 1. In a covered bowl, defrost broccoli cube in the fridge.
- 2. Remove the recommended amount of broccoli for the recipe and save the remaining purée for a future meal.
- 3. In a mixing bowl, mix broccoli purée and banana until smooth and serve chilled.

RECIPE SUGGESTIONS FOR REMAINING BROCCOLI PURÉE:

Green Applesauce

(substitute equal parts of broccoli purée for kale purée)

Kale & Pear

(substitute equal parts of broccoli purée for kale purée)

Creamed Kale

(substitute equal parts of broccoli purée for kale purée)

Makes 1 serving.

Prep time 5 min.



- ½ beef cube
- ½ carrot cube
- 1 Tbsp. sweet potato

For the carrot and beef cube, refer to the bulk purée preparation chart.

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Eye Brightening Beef

Apples & Beef

The remaining beef purée can also be paired with any fruit or vegetable purées. Our suggestions: peaches, carrots, or sweet potatoes.

Makes 1 servings.

Prep time 20 min.

METHOD:

- 1. In separate covered bowls, defrost beef and carrot purées.
- 2. Peel and boil a small piece of sweet potato for 10 min.
- 3. Mash the sweet potato.
- 4. Once defrosted, remove the amount of purées needed for the recipe and save the remaining purées for a future meal.
- 5. In a saucepan, heat beef, carrot, and sweet potato over mediumlow heat until an internal temperature of 165°F (74°C) is reached.
- 6. Remove from heat, let cool to a lukewarm temperature and serve.

CHICKEN & CARROT

INGREDIENTS:

- 1/4 chicken cube
- ½ carrot cube
- ½ pear cube

For the chicken, carrot & pear cube, refer to the <u>bulk purée preparation chart.</u>

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Baby's First Beef Stew

Peachy Oat Power

Makes 1 serving.

Prep time 10 min.

METHOD:

- 1. In separate covered bowls, defrost chicken, carrot and pear cubes in the fridge.
- 2. Once defrosted, remove the amount of purées needed for the recipe and save the remaining purées for a future meal.
- 3. In a saucepan, heat the chicken, carrot and pear cube over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat, let cool to a lukewarm temperature and serve.



APPLES & BEEF

INGREDIENTS:

- 1 apple cube
- ½ beef cube

For the beef and apple cube, refer to the bulk purée preparation chart.

METHOD:

- 1. In a covered bowl, defrost the beef cube in the fridge.
- 2. Once defrosted, remove the amount of beef purée needed for the recipe and save the remaining purée for a future meal.
- 3. In a saucepan, heat beef and apple purée over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat, let cool to a lukewarm temperature and serve.

RECIPE SUGGESTIONS FOR REMAINING PURÉES:

Eye Brightening Beef

Baby's First Beef Stew

The remaining beef purée can also be paired with any fruit or vegetable purées. Our suggestions: peaches, carrots, or sweet potatoes.

Makes 1 serving.

Prep time 10 min.



PEAS & PEACHES

INGREDIENTS:

- 1 peach cube
- ½ pea cube
- 1 drop of blackstrap molasses

For the peach and pea cubes refer to the bulk purée preparation chart.

METHOD:

- 1. In a covered bowl, defrost pea cube in the fridge.
- 2. Once defrosted, remove the desired amount of pea purée for the recipe and save the remaining purée for a future meal.
- 3. In a saucepan, heat peach and pea purée over medium-low heat until an internal temperature of 165°F (74°C) is reached.
- 4. Remove from heat and let cool to a lukewarm temperature.
- 5. Add molasses, mix well and serve.

Makes 1 serving.

Prep time 10 min.

RECIPE SUGGESTIONS FOR REMAINING PEA PURÉE:

Green Applesauce

(substitute equal parts of kale purée for pea purée)

Kale & Pear

(substitute equal parts of kale purée for pea purée)

Sweet Broccoli

(substitute equal parts of broccoli purée for pea purée)

Broccoli & Banana

(substitute equal parts of broccoli purée for pea purée)

EGG & PEAR

INGREDIENTS:

- 1 pear cube
- · 2 egg yolks, fully cooked

METHOD:

- 1. In a covered bowl, defrost pear cube in the fridge.
- 2. In a mixing bowl mix the pear purée with cooked crumbled egg yolk and serve.

Makes 1 serving.

Prep time 10 min.

Adding herbs & SPICES TO BABY FOOD

We are big supporters of adding fresh herbs and spices to baby food. Herbs and spices carry a lot of health benefits and by introducing more flavors with your purées you are less likely to end up with a fussy eater.

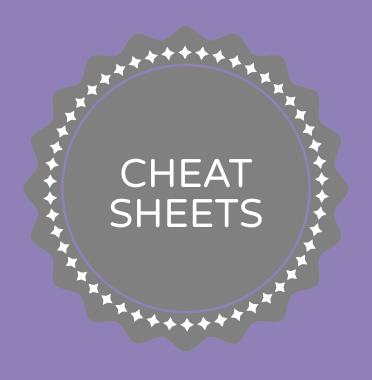
Cultures around the world allow their babies to eat their traditional foods full of herbs and spices early on, including basil, cilantro, cinnamon, garlic, cumin, rosemary, lemongrass and thyme.

Food preferences develop early in life, so don't be afraid to spice up your baby's life. We are not talking about adding a ton of spices or even hot seasonings. We are suggesting adding a dash of cinnamon to smashed banana or oatmeal, or some fresh, finely chopped rosemary to Baby's First Beef Stew. If you plan to add spices and herbs, just add a pinch or a dash.

If you are using fresh herbs, finely chop before mixing into the recipe to prevent choking. A little flavor goes a long way as a baby's taste buds are more sensitive than an adult's.

Please use the beginner Herb & Spice Chart below to add fresh herbs and spices to your homemade baby food, including the recipes in this eBook.





HERB & SPICE PAIRING BULK PURÉE PREPARATIONS

Cheat sheet FOR HERB & SPICE PAIRING

HERB & SPICE	FOOD PAIRING	HERBS & SPICES PAIRING
BASIL	apricots, peaches, peas, carrots, broccoli	garlic, rosemary, thyme
CORIANDER	avocado, yogurt, carrots, sweet potatoes	basil, garlic
CINNAMON	poultry, bananas, apples, apricots, pears, yogurt, oatmeal	nutmeg, cloves, ginger
GARLIC	poultry, beef	most herbs and spices
ROSEMARY	poultry, beef, fish, egg yolks, apricots, peas, squash	garlic, parsley, thyme
THYME	poultry, meat egg yolks, fish, carrots, sweet pota- toes	basil, dill, parsley

Cheat sheet FOR BULK PURÉE PREPARATIONS

PRODUCE	PREPARATION	STEAMING	OVEN ROASTING	SLOW COOKING	FREEZER PREP
Apples	Wash, cut in half, remove apple core. Keep peel on.	Coarsely dice with peel. Place in a large stock pot with enough water barely covering fruit. Cook on medium low for 5 minutes. Reserve cooking water.	Place apple halves flesh down on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 15 minutes. Remove from oven.	Add 4 cups of diced apples to slow cooker with half a cup of water. Cook on low for 6 to 8 hours until soft.	Purée apples in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Apricots	Wash, cut in half and remove pit.	Coarsely dice with peel. Place in a large stock pot with enough water barely covering fruit. Cook on medium to low heat for 5 minutes. Reserve cooking water.	Place apricot halves flesh- down on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 10 minutes. Remove from oven.	Add 4 cups of diced apricots to slow cooker with half a cup of water. Cook on low for 6 to 8 hours until soft.	Purée the apricots in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Beef, grass-fed chuck roast	Rinse beef.	Not recommended.	Add beef to a roasting pan with any root vegetables, onions and celery you have on hand for added nutrition. Add half a cup of water and cover tightly. Cook on 325°F (160°C) until the meat is falling apart. Depending on the size, it can be a couple hours.	Add beef to slow cooker with any root vegetables, onions and celery you have on hand for added nutrition. Add half a cup of water and cover tightly. Cook on low until the beef is falling apart. Depending on the size, allow 8-10 hours to cook.	Add contents to the blender and mix until smooth and creamy. You may need to do this in 2 batches. You can also purée half of the contents and serve remaining to family. Once blended well, pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.

PRODUCE	PREPARATION	STEAMING	OVEN ROASTING	SLOW COOKING	FREEZER PREP
Broccoli	Buy organic frozen florets or use fresh broccoli. If using fresh broccoli, wash and coarsely chop florets and stalk cutting the stalk in smaller pieces for equal cooking.	Add broccoli to a large stock pot with enough water barely covering the vegetable. Cook on medium to low heat for 7 minutes or until bright green and soft. Reserve cooking water.	Coat broccoli with melted pastured butter. In a single layer, lay broccoli on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 15 minutes. Remove from oven.	Not necessary	Purée broccoli in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Carrots	Buy organic frozen carrot coins or use fresh carrots. Wash fresh carrots and cut into quarter inch coins or coarsely dice.	Add carrots to a large stock pot with enough water barely covering vegetable. Cook on medium to low for 7 minutes or until bright green and soft. Reserve cooking water.	Coat carrots with melted pastured butter. In a single layer, lay carrots on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 15 minutes or until soft. Remove from oven.	Not necessary	Purée carrots in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Chicken, whole, grass-fed			Add whole chicken to a roasting pan with any root vegetables, onions and celery you have on hand for added nutrition. Add half a cup of water and cover tightly. Cook on 325°F (160°C) until the chicken is falling off bones. Depending on the size, it can be 2–3 hours.	Add whole chicken to slow cooker with any root vegetables, onions, and celery you have on hand for added nutrition. Add half a cup of water and cover tightly. Cook on low until the chicken is falling off bone. Depending on the size, allow for 8-10 hours to cook.	Add contents to blender and mix until smooth and creamy. You may need to do this in 2 batches. You can also purée half of the contents and serve remaining to family. Once blended well, pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Kale	Wash and remove leaves from stalk.	Add leaves to a pot of boiling water. Submerge all leaves with a wooden spatula. Cook from 2 minutes or until bright green. Remove from water and cool. Reserve cooking water.	Not recommended.	Not recommended.	Purée kale in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.

PRODUCE	PREPARATION	STEAMING	OVEN ROASTING	SLOW COOKING	FREEZER PREP
Peaches		Leaving the peel intact, coarsely dice. Place in a large stock pot with enough water barely covering fruit. Cook on medium to low for 5 minutes. Reserve cooking water.	Place peach halves flesh- down on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 10 minutes. Remove from oven.	Add 4 cups of diced peaches to slow cooker with half a cup of water. Cook on low for 6 to 8 hours until soft.	Purée peaches in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Peas		Add fresh or frozen peas to a stock pot with enough water barely covering peas. Cook on medium to low heat for 10 minutes. Remove from heat. Reserve cooking water.	Coat fresh peas with melted pastured butter and place on parchment paper. Cook on 350°F (175°C) for 10 minutes. Remove from oven.	Not necessary	Purée peas in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Pears	Wash, cut in half, remove pear core. Keep peel on.	Coarsely dice with peel. Place in a large stock pot with enough water barely covering fruit. Cook on medium to low for 5 minutes. Reserve cooking water.	Place pear halves flesh- down on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 15 minutes. Remove from oven.	Add 4 cups of diced pears to slow cooker with half a cup of water. Cook on low for 6 to 8 hours until soft.	Purée pears in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.
Winter Squash (acorn, butternut)		Removing outer layer and seeds, coarsely dice flesh. Place in a large stock pot with enough water barely covering fruit. Cook on medium to low for 10 minutes or until soft. Reserve cooking water.	Place squash halves flesh- down on baking sheet lined with parchment paper. Bake on 350°F (175°C) for 45 minutes or until flesh is soft. Remove from oven.	Cut off outer skin of squash. Add 4 cups of diced flesh to slow cooker with half a cup of water. Cook on low for 6 to 8 hours until soft.	Purée squash in a blender until smooth. Add cooking water to reach a desired consistency. Pour or spoon purée into your Kiddo Feedo Freezer Tray, secure lid, label and freeze.

Final words ON BABY FEEDING

We hope that this eBook has given you some inspiration for baby recipes and the confidence in knowing that when it comes to making homemade baby food it really does not have to take up a lot of your time. You do not need to be an exceptional cook - all it takes is love, patience, adventure and an open mind.

If your baby does not like what you have prepared for them, do not give up! Babies are born with unique taste buds and food preferences that develop at different rates. They reach milestones on their own timeline so be patient. It may take up to twenty attempts at trying a new food before a true like or dislike is established. Trust your ability to continue to re-introduce rejected foods. That's the great thing about freezing purées; it allows you to go back and try a rejected food over again.

Feeding time should be enjoyable for both you and your little one, so to avoid stress do not put too much focus on the eating stage but rather the feeding experience as a whole. Remember, eating solids is not always the most natural new activity for a baby. A relaxed eating environment will not only make it more enjoyable for you both, it will also encourage your baby to eat better and establish the foundations for a lifetime of good health.

We wish you and your little one the best in this exciting time ahead. Please do not hesitate to reach out to us with your questions at www.cookingwithclancy.com and www.kiddofeedo.com.





"HEALTHY
NUTRITION IS
THE BEST
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ENSURE YOUR
BABY'S LIFE
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About

Clancy 'Cash' Harrison, M.S., R.D., L.D.N., is a Registered Dietitian and the mother of two children. She is the founder of her private practice, Healthy Living Lifestyle, and a pediatric feeding specialist. She also consults as a nutrition educator. Currently, Clancy is an Adjunct Professor of Nutrition at Pennsylvania State University and the University of Scranton.

Clancy's first book, Feeding Baby, recently received the Mom's Choice Awards and the NAACP Literary Award. Feeding Baby is a parenting feeding resource empowering parents to raise eager eaters. Her book pairs fresh foods with herbs, spice, aroma, and texture to teach a healthy flavor preference for wholesome foods.

Clancy graduated from the College of Saint Elizabeth with a Master's Degree in Nutrition Science and completed her Dietetic Internship at the University of Delaware. She is the current president of the Al Beech West Side Food Pantry in Kingston, former president of the Northeast Pennsylvania Academy of Nutrition & Dietetics Pennsylvania and a member of the Academy of Nutrition and Dietetics.

CLANCY 'CASH' HARRISON

www.cookingwithclancv.com

About

Kiddo Feedo launched in the United States in 2014 and have since expanded to Canada, Europe, Middle East and Australia.

Their mission from the get-go has been to make day-to-day life easier for parents of small children by offering convenient, safe and innovative feeding products of the highest quality.

With a strong focus on customer satisfaction, Kiddo Feedo's attitude is simple; you should not need to buy a bunch of products when your children are little. Instead, just a few that really work, last a long time and are completely safe for your baby.

Kiddo Feedo strive to leave a babysized footprint on our planet and as such are committed to sustainable business practices. Their products are manufactured using sustainable and biodegradable materials, whenever possible, as well as recyclable packaging.

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www.kiddofeedo.com

Kiddo Feedo



"PROVIDING
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TOOLS FOR
BABY AND
TODDLER
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The Ultimate Guide to

BABY FEEDING







