

EASY DIY BABY FOOD RECIPE CARDS

All recipes yield 18 oz. of baby food. Store in glass jars in the refrigerator for three days or the freezer for three months.



MEAN, GREEN, BABY CUISINE

INGREDIENTS

- 4 kale leaves
- ¼ lb. green beans
- 1 russet potato

INSTRUCTIONS

Boil potatoes, about 15 minutes. Add kale and green beans and boil for 3 more minutes. Transfer to a blender and puree until smooth.

BERRY HEALTHY BABY

INGREDIENTS

- ¾ cup cubed mango
- 1 ½ cup blueberries
- ¾ cup cubed avocado

INSTRUCTIONS

Place all ingredients in a bowl and blend using an immersion blender until smooth. Alternatively, use a food processor.

APEELING OATMEAL

INGREDIENTS

- ¼ cup ground oats
- 1 cup apple, peeled and diced
- 1 banana, peeled and sliced

INSTRUCTIONS

Bring apples, oats and ¾ cup water to a boil. Reduce heat to low, cover and simmer for 15 minutes. Transfer to a blender with bananas.

ORANGE YOU GLAD?

INGREDIENTS

- 1 cup chopped carrot
- 1 cup cubed sweet potato
- 1 cup cooked lentils

INSTRUCTIONS

Boil carrots and sweet potatoes until tender, about 15 minutes. Transfer to a blender with lentils and puree until smooth.