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care women deserve

# EASY HOMEMADE BABY FOOD

These homemade baby food ideas are designed for younger babies who are still eating thinner purees, but you can of course use them for older babies and toddlers too. Each can be served as is, or you can combine more than one together to create new flavors if you're feeling creative!

**TIP:** If you want to add fat or protein to any of these fruit or veggie purees, simply stir in a little whole milk yogurt, coconut cream, or Avocado Puree.

1

## AVOCADO PUREE

To make avocado puree for a baby, you just need a fresh avocado, a blender, and some lemon juice if you plan to store it for later. I sometimes even do this with just a fork if the avocado is super soft! It's a perfect way to introduce a low allergenic food that's rich in healthy fats.

2

## BEAN PUREE

Baby's early foods don't have to be all one food group and beans are a great food to have in the mix. You can do this easy bean puree with chickpeas, pinto beans, black beans, or even white beans, thinning it as needed with water, formula, or breastmilk. This is a great puree to mix with a little sweet potato or butternut squash.

3

## MANGO PUREE

Using fresh mangoes, this baby puree blends up in seconds. It's bright, flavorful, and a great source of immune-boosting vitamins. Taste your mango to be sure that it's sweet and not too tart. (If it's tart, you can add Applesauce or ripe Banana Puree.)

4

## WHIPPED PEANUT BUTTER

This may not have occurred to you, but whipped peanut butter is a great baby food! This is a perfect way to introduce baby to peanut butter and to offer it safely there after. You just need to stir water into unsweetened creamy peanut butter until it forms a whipped consistency like yogurt. It's smooth, not too sticky, and packed with protein.

## INSTRUCTIONS FOR ALL

1. Choose your base/main ingredients from above (fruit/veggie)
2. If making the puree with, strawberries, peaches, kiwi, pineapple, mango, or beans, add  $\frac{1}{4}$  cup water and blend, adding more water as desired to make a thin, very smooth puree. If making avocado or banana, just blend (without water) until very smooth.
3. Serve or store in an airtight container for 3-5 days in the fridge, or for 3 mo in the freezer.