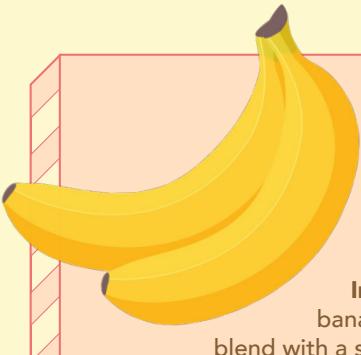


HOMEMADE BABY FOOD

Made Simple!

Once they're old enough, our smallest friends enjoy some of the simplest recipes. Here are a few easy baby food ideas you can make at home with just a handful of ingredients. No need for added nutrients or supplements—these whole foods are perfect just as they are.



CREAMY BANANA PUREE

Ingredients: 1 ripe banana

Instructions: Peel and mash the banana with a fork until smooth, or blend with a splash of breast milk or formula for a creamier texture.

Quick Tip: Perfect for on-the-go, as it doesn't require cooking!

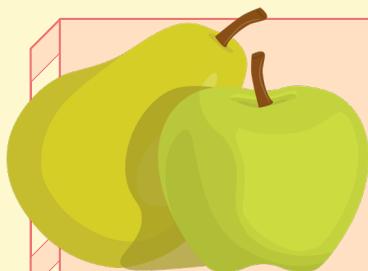


SWEET CARROT PUREE

Ingredients: 4 large carrots, peeled and chopped

Instructions: Steam carrots until tender (about 10 to 15 minutes). Blend with water, breast milk or formula until smooth.

Quick Tip: Make a large batch and freeze in ice cube trays for easy individual portions.

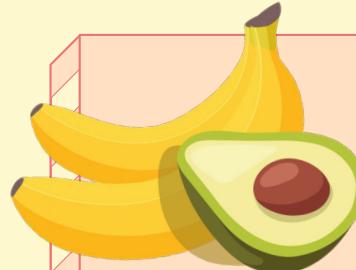


APPLE & PEAR PUREE

Ingredients: 2 apples and 2 pears, peeled, cored and chopped

Instructions: Steam or simmer in a little water until soft (about 10 minutes). Blend until smooth.

Quick Tip: Add a pinch of cinnamon for extra flavor (after 6 months)!



AVOCADO & BANANA MASH

Ingredients: 1 ripe avocado, 1 ripe banana

Instructions: Mash together until smooth. Add a splash of breast milk or water if needed.

Quick Tip: Healthy fats from avocado are great for brain development!

MODIFY YOUR PUREES AS THEY GROW:

4-6 Months: Smooth, thin purees with single ingredients

6-8 Months: Thicker purees, simple combos and gentle spices (like cinnamon or nutmeg)

8-12 Months: Chunkier textures, mashed foods and soft finger foods to encourage self-feeding

 = No Cooking Required!

