

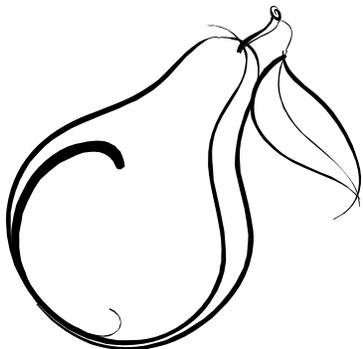
PEAR AND SPINACH PUREE

- ¼ cup fresh or frozen chopped spinach
- 1 pear, peeled, cored and diced

Directions:

1. Finely chop spinach.
2. Simmer spinach gently in a little water over low heat until warmed throughout.
3. Meanwhile, cook pear in a little boiling water until soft.
4. Drain and mash into the spinach with a fork.
5. Let cool for 10 minutes and serve.

*For ages 6 months and up



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FOOD FOR YOUR BABY

RECIPES FOR BABIES 6 TO 12 MONTHS



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ORANGE AND SWEET POTATO

- 1 sweet potato
- ½ orange

Directions:

1. Peel, chop, and boil sweet potato in a little water. Drain and mash well.
2. Squeeze orange juice into sweet potato and stir.
3. Let potato mixture cool and serve.

SCRAMBLED EGGS PLUS

- 1 egg yolk
- 1 tablespoon breast milk or formula

Directions:

1. Beat egg yolk and breast milk or formula together in a small bowl or cup.
2. Prepare a small non-stick pan on medium high heat. Pour in egg mixture and stir.
3. Allow eggs to cook about 3 minutes or until fluffy.
4. Remove from heat, let cool and serve.

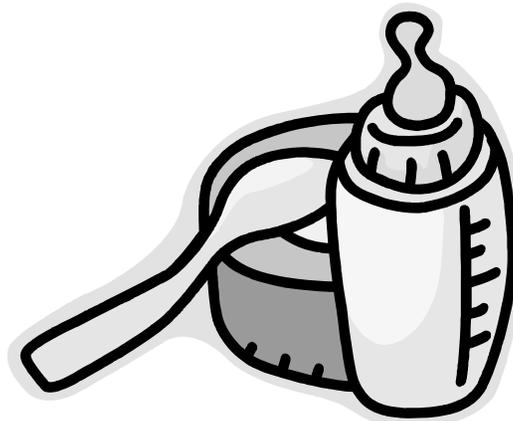
*For ages 8 months and up.

VEGETABLE PUREE

- Any vegetable: red potatoes, rhubarb, butternut squash, pumpkin, sweet potatoes, summer squash, green beans, peas, zucchini, eggplant, etc. (remove all seeds prior to beginning).

Directions:

1. Peel and chop vegetable into small pieces.
2. Steam or boil vegetable pieces in a little water until tender.
3. Blend vegetables with the remaining cooking water.
4. Mash well with a fork or put in a food processor or blender.
5. Make sure the puree is cool and serve.



BROWN RICE CEREAL

- 1 teaspoon brown rice flour
- 4 ounces milk (breast or formula milk), warmed.

Directions:

1. Mix 1 ounce of the warmed milk slowly into the flour to make a paste. Gradually add the rest of the milk, stirring continuously to avoid lumps.
2. Simmer for 5 to 7 minutes. If it becomes too thick, add more milk.
3. Let cool and serve.

*Barley, oats and wheat can all be prepared the same way.

OATMEAL

- ½ cup rolled oats
- 2½ cups boiling water

Directions:

1. Pour oats slowly into boiling water. Cover and simmer 30 minutes.
2. Add breast milk or formula for desired consistency.

* For infants 6-8 months, make consistency thin and cereal mixture very moist. For infants 9-12 months, consistency can be a little thicker.