

FIRST FOODS FOR BABY COOKBOOK



RECIPES FOR PURÉED FOODS



Healthy Start

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ACKNOWLEDGEMENTS

We would like to thank everyone who contributed to this book. Thank you to Kennedy for the beautiful design and the Healthy Start Dietitians for the recipes.

This book is dedicated to the beautiful babies who attend Healthy Start community drop-in groups. We hope these recipes fill your bellies with good food!

WHO WE ARE

Healthy Start is a program where people learn how to give their children the healthiest start possible. We offer pregnancy and parenting groups across Winnipeg.

Our program offers acceptance, information and support in an inclusive environment.

Our team answers questions about nutrition, nurturing and we connect participants to community supports. Our goal is to help individuals, babies, and families grow and thrive.

Please visit our website at www.hsmm.ca

TABLE OF CONTENTS

TIPS

- 5** Feeding Your Baby Solid Foods

RECIPES

- 6** Red Lentil Purée
- 7** Egg Purée
- 8** Chicken Purée
- 9** Edamame Purée
- 10** Strawberry Purée
- 11** Mango Purée
- 12** Beet Purée
- 13** Sweet Potato Purée
- 14** Carrot Purée
- 15** Broccoli Purée



FEEDING YOUR BABY SOLID FOODS

- Around 6 months of age, start offering your baby solid foods to help meet their nutrition and energy needs. Continue to give breastmilk (or infant formula) as well. Breastmilk can be provided for 2 years and beyond!
- Signs your baby is ready to start solid foods safely:
 - sits up with little help
 - holds their head up on their own
 - opens mouth when food is offered
 - turns their head to refuse food
- Begin with foods that are a source of iron such as legumes (split peas, beans, lentils), chicken, turkey, beef, pork, lamb, veal, fish, wild meat, egg, and tofu.
- Progress the texture of the food as your baby grows. Start with puréed, then move on to mashed, minced and then small bite-sized pieces.
- Follow and respond to your baby's signals for hunger and being full. This is called responsive feeding. It helps create a nurturing meal time environment for babies to explore foods at their own pace.





RED LENTIL PURÉE

Age 6 months and up

INGREDIENTS

1/4 cup dried red lentils
3/4 cup water
1 tablespoon water
(or breast milk)



DIRECTIONS

1. Place 1/4 cup of red lentils and 3/4 cup of water in a small pot.
2. Bring to a boil, then lower heat to low for about 7-9 minutes, or until lentils are soft and the water is absorbed.
3. Remove pot from heat and let cool.
4. Add cooked lentils to a food processor or blender.
5. Blend the lentils until smooth. If needed, add 1 tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Lentils are a high iron food.
- Freshly prepared lentils can only be stored in the fridge for up to 24 hours.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- Introduce 1 new food at a time. A new food can be introduced every day.



EGG PURÉE

Age 6 months and up

INGREDIENTS

- 1 whole egg (white & yolk)
- 2 tablespoons water
(or breast milk)



DIRECTIONS

1. Place whole egg (in shell) in a small pot and fill with water until the egg is covered.
2. Bring water to a boil, then turn off the element, cover with a lid, and let the egg cook for 12 minutes in the hot water.
3. After 12 minutes, drain water and refill the pot with cold water.
4. Once the egg has cooled, peel the shell and place the egg in a food processor with 2 tablespoons of water (or breast milk).
5. If needed add water, 1 tablespoon at a time, until desired texture is reached.

NOTES

- Introducing eggs around 6 months of age may help lower baby's risk of developing an egg allergy.
- Freshly prepared egg, meat, and fish can only be stored in the fridge for up to 24 hours.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- If prepared food is runny, add 1 tablespoon of dry infant cereal to thicken and get a boost of iron.



CHICKEN PURÉE

Age 6 months and up

INGREDIENTS

2 bone-in chicken pieces
(drumstick or thigh), skin removed
2 tablespoons cooking water
(or breast milk)

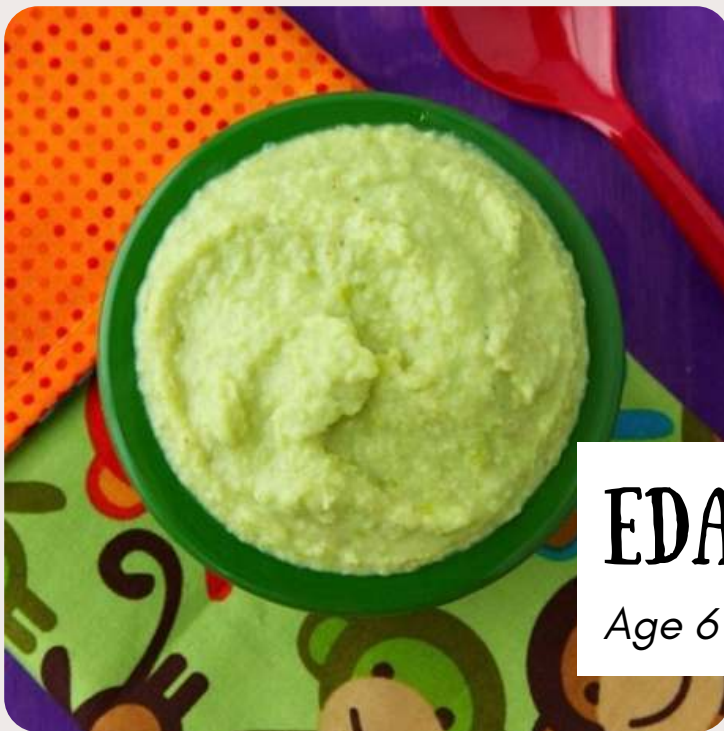


DIRECTIONS

1. Place raw chicken in a small pot and add enough water to cover it.
2. Bring to a boil, and reduce heat to medium for 20 minutes or until chicken is cooked through.
3. Remove meat and allow to cool. Keep some of the cooking water to use for blending.
4. Take chicken off the bone and add to a food processor or blender with 2 tablespoons of cooking water or breast milk.
5. Blend the meat until smooth. If needed, add an extra tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Chicken is a high iron food.
- You can also use ground chicken or chicken breast for this recipe however bone-in chicken is the cheapest.
- Freshly prepared meat, egg and fish can be stored in the fridge for up to 24 hours.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.



EDAMAME PURÉE

Age 6 months and up

INGREDIENTS

- 1 cup frozen edamame
- 2 tablespoons water
(or breast milk)



DIRECTIONS

1. Boil or steam the edamame, according to the package instructions.
2. Allow to cool.
3. If edamame is still in pods, remove the beans from the pods.
4. Add beans to a food processor or blender with 2 tablespoons of water or breast milk.
5. Blend the edamame until smooth. If needed, add an extra tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Edamame is a high iron food. It is a soy bean.
- Introducing soy around 6 months may help to reduce the risk of your baby developing an allergy to soy.
- Store prepared edamame in the fridge for up to 2 days.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.



STRAWBERRY PURÉE

Age 6 months and up

INGREDIENTS

1 cup frozen strawberries
1 tablespoon water
(or breast milk)



DIRECTIONS

1. Remove 1 cup of frozen strawberries from the freezer and place in a small bowl.
2. Cover the bowl and place in the refrigerator to allow the strawberries to thaw for a few hours or overnight.
3. Once the strawberries are no longer frozen, place in a food processor or blender.
4. Blend the strawberries until smooth. If needed, add 1 tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

**If using fresh strawberries remove the green tops and start at step 3.*

NOTES

- Freshly prepared fruits and vegetables can be stored in the fridge for up to 2 days.
- You can also freeze foods by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- If prepared food is runny, add 1 tablespoon of dry infant cereal to thicken and get a boost of iron.



MANGO PURÉE

Age 6 months and up

INGREDIENTS

1 cup frozen mango

1 tablespoon water
(or breast milk)



DIRECTIONS

1. Remove 1 cup of frozen mango from the freezer and place in a small bowl.
2. Cover the bowl and place in the refrigerator to allow the mango to thaw for a few hours or overnight.
3. Once the mango is no longer frozen, place in a food processor or blender.
4. Blend the mango until smooth. If needed, add 1 tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

**If using fresh mango - peel and cut into cubes and start at step 3.*

NOTES

- Freshly prepared fruits and vegetables can be stored in the fridge for up to 2 days.
- You can also freeze foods by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- You might find your baby moves onto new textures faster than you expect - so it is often easier to make babyfood in smaller batches as you go.



BEET PURÉE

Age 6 months and up

INGREDIENTS

- 1 cup peeled and chopped beets
- 1 cup water
- 2 tablespoons cooking water
(or breast milk)



DIRECTIONS

1. Add 1 cup beets and 1 cup water to a medium size pot.
2. Bring to a boil, and cook until beets are soft - they should pierce easily with a fork.
3. Remove beets from the pot and let cool. Keep some of the beet water to use for blending.
4. Add beets to a food processor or blender with 2 tablespoons of cooking water or breast milk.
5. Blend the beets until smooth. If needed, add an extra tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Freshly prepared vegetables and fruits can be stored in the fridge for up to 2 days.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- Warning: beets may turn baby's poop and urine a pinkish red color. This is not harmful to your baby.



SWEET POTATO PURÉE

Age 6 months and up

INGREDIENTS

- 1 sweet potato
- 1 tablespoon water
(or breast milk)



DIRECTIONS

1. Preheat oven to 425°F.
2. Wash the skin of the sweet potato.
3. Using a fork, poke holes all over the sweet potato.
4. Add parchment paper or aluminum foil to a baking tray. Place sweet potato on the tray and put into the oven.
5. Bake the sweet potato for 45-60 minutes.
6. Allow the sweet potato to cool, then scoop out the flesh and add to a bowl.
7. Mash with a potato masher or a fork until smooth. Add 1 tablespoon water at a time if needed to reach the desired texture.

NOTES

- Freshly prepared vegetables and fruits can be stored in the fridge for up to 2 days.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- If prepared food is runny, add 1 tablespoon of dry infant cereal to thicken and get a boost of iron.



CARROT PURÉE

Age 6 months and up

INGREDIENTS

1 cup carrots, peeled and chopped
1 cup water
2 tablespoons water
(or breast milk)



DIRECTIONS

1. Add 1 cup of chopped carrots and 1 cup of water to a medium size pot.
2. Bring to a boil and cook until carrots are soft - they should pierce easily with a fork.
3. Remove carrots and let cool. Keep some of the carrot water to use for blending.
4. Add carrots to a food processor or blender with 2 tablespoons of cooking water or breast milk.
5. Blend the carrots until smooth. If needed, add an extra tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Freshly prepared vegetables and fruits can be stored in the fridge for up to 2 days.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- Once baby has tried a food for a few days you can mix with other tolerated food like chicken or lentils.



BROCCOLI PURÉE

Age 6 months and up

INGREDIENTS

1 cup chopped broccoli (fresh or frozen)
1 cup water
2 tablespoons water
(or breast milk)



DIRECTIONS

1. Add 1 cup of chopped broccoli and 1 cup of water to a medium size pot.
2. Bring to a boil and cook until broccoli is soft.
3. Remove broccoli and let cool. Keep some of the broccoli water to use for blending.
4. Add broccoli to a food processor or blender with 2 tablespoons of cooking water or breast milk.
5. Blend the broccoli until smooth. If needed, add an extra tablespoon of water (or breast milk) and continue to blend until the mixture reaches the desired texture.

NOTES

- Freshly prepared vegetables and fruits can be stored in the fridge for up to 2 days.
- You can freeze extra food by pouring into an ice cube tray. Store in the freezer for up to 6 months.
- If prepared food is runny, add 1 tablespoon of dry infant cereal to thicken and get a boost of iron.

RECIPE NOTES



“Yum, yum, yum!”

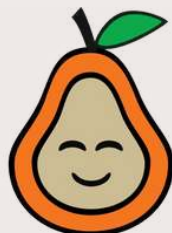
*-6 month old trying a food from the
First Foods for Baby Cookbook*



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Healthy Start

Healthy Start is a non-profit, charitable organization funded by the Canada Prenatal Nutrition Program (Public Health Agency of Canada) and Healthy Baby Program (Government of Manitoba) and supported by private donations. www.hsmm.ca

2025