



Baby Food Recipes and Feeding Guide

Healthy Homemade

Introducing solid foods to your baby is one of the most delightful experiences of parenthood. She's growing up! He's not a newborn anymore! Feeding solids to baby can also come with unnecessary challenges and questions about what the healthiest options are for your little one and how you can be sure that your baby is getting the best you can possibly give. The Baby Brezza® One Step Baby Food Maker offers a solution for feeding healthful, homemade meals to your baby or toddler in just minutes.

This recipe book is a guide to simple cooking for babies. We hope you find creating homemade meals for your baby with the Baby Brezza® One Step Baby Food Maker easy, satisfying and fun. Please visit www.babybrezza.ca for more recipes, as well as tips on transitioning to solids, hints for meal preparation and more.

Getting Started

Talk to your pediatrician about when to start feeding solid foods to your baby. Canadian Paediatric Society recommends starting solid foods at 6 months. However, your baby's circumstances may be different so it's best to consult with your doctor.

Always consult with your pediatrician regarding questions about solid foods. This recipe book is meant as a general guide, not as medical advice.

Important tip: New foods should be introduced slowly. Wait at least two or three days before offering a new type of food. This way, if your baby develops an allergic reaction, it will be easier to identify the source.

Our Recipes

Some of our recipes were adapted from WholesomeBabyFood.com, an independent website with the mission of teaching parents that making homemade baby food is one of the most wonderful things you can do for your baby. The site's editor, Maggie, contributed her recipes to our recipe book to help moms and dads expand their choices when feeding baby. WholesomeBabyFood.com is otherwise unaffiliated with Baby Brezza®. The website is filled with useful information on feeding your baby and we encourage you to visit it to learn more. Tell them we sent to you!

Quick Reference Chart

Age	Cereal	Fruits	Vegetables	Protein	Dairy
6 to 8 months	Rice, Barley, Oats	Apples, Avocados, Bananas, Pears, Apricots, Avocados, Mangoes, Peaches, Plums, Pumpkin	Sweet Potatoes, Squash, Green Beans, Carrots, Peas, Zucchini	Chicken, Turkey, Tofu, Eggs	Consult with your Pediatrician
8 to 10 months	As Above Plus: Flax, Quinoa, Millet, Toast, Cheerios, Graham Crackers*	As Above Plus: Blueberries, Cantaloupe, Melon, Cherries, Cranberries, Dates, Figs, Grapes, Kiwi, Papaya	As Above Plus: Asparagus, Broccoli, Cauliflower, Eggplant, Potato, Onions, Peppers, Leeks, Mushrooms, Parsnips	As Above Plus: Beans, Legumes, Beef, Pork	Consult with your Pediatrician
10 to 12 months	As Above Plus: Pastas	As Above Plus: Citrus	As Above Plus: Artichokes, Beets, Corn, Cucumbers, Spinach, Tomatoes	As Above Plus: White Fish	Consult with your Pediatrician

*Check with your pediatrician to determine if your child is ready for finger foods.

Cooking Guidelines for Basic Foods

Ingredients	Recommended Quantity	Cut Food Into	Steam Time (minutes)	Approx. Yield
FRUITS				
Apples ¹	2 Medium	¼" Dice	15	¾ Cup
Blueberries ¹	1½ Cups	Whole	10	1 Cup
Mango ¹	1 Large	¼" Dice	15	1 Cup
Peaches ¹	2 Small	¼" Dice	15	¾ Cup
Pears ¹	2 Small	¼" Dice	10	1 Cup
Plums ¹	3 Plums	¼" Dice	15	1½ Cup
Prunes ²	1½ Cups (Approx 25 prunes)	Whole	20	1 Cup
VEGETABLES				
Broccoli ²	1 Large Stalk	½" Dice Florettes	15	¾ Cup
Butternut Squash	2/3 Squash	¼" Dice	20	¾ Cup
Carrot	4 Medium	¼" Sliced	25	½ Cup
Potato ^{2,3}	3 Medium	¼" Dice	20	1 Cup
String Beans (Fresh)	4 Cups	½" Cuts	20	1 Cup
String Beans (Frozen)	4 Cups	½" Cuts	20	1 Cup
Sweet Peas (Frozen)	4 cups	Whole	20	1 Cup
Sweet Potato ²	2 Medium	¼" Dice	25	1½ Cup
Zucchini ¹	2½ Medium	¼" Dice	15	½ Cup
MEAT				
Ground Chicken ⁴	1 cup	N/A	25	1½ Cup
Ground Lamb ⁴	1 cup	N/A	25	¾ Cup

Basic Purees

1. Wash, peel, core (if necessary) and cut fruits or vegetables into chunks. Refer to "Cooking Guidelines for Basic Foods" for details on page 3.
2. Place fruit or vegetable into Baby Brezza® Bowl and fill Water Tank with water.
3. Referring to the "Cooking Guidelines for Basic Foods," set function to the appropriate cook time. Make note of foods that might require some liquid to be added or removed before blending.
4. Press the button.
5. When finished steaming and blending, make sure baby food cools down to a temperature appropriate for your child before feeding. Check consistency to make sure that the recipe is smooth or chunky, as desired. If necessary, press and hold to puree for additional time.
6. Enjoy! You can also store your food in the refrigerator or freezer for later use.

Cooking Tips

- Cut ingredients to approximately ¼-½ inch pieces before placing in bowl. Smaller pieces of food steam and blend more thoroughly, ensuring proper food texture for your baby to easily swallow and digest.
- Check that there is enough water in the Water Tank before setting the machine to steam. If the Water Tank runs dry, the Baby Brezza® will beep rapidly 5 times to let you know it needs to be refilled.
- The Bowl of the Baby Brezza® can hold up to four cups of raw ingredients. The machine works best when filled just under the maximum capacity.
- All purees can be mixed with additional water, breast milk or formula to create a thinner consistency.
- For best results, use purified water to prevent scaling in the Water Tank.

← Notes on Cooking Guidelines for Basic Foods

- 1- These foods have high water content. For some varieties, we recommend draining water out of the container after steaming, prior to blending.
- 2- Purees from these foods are very thick. We recommend adding ½ -¾ cup (125 to 180 ml) of water before blending for best results.
- 3- Waxy Potatoes such as Yukon Gold are recommended for best results.
- 4- Limit amount of meat steamed to 1 cup to ensure that all meat reaches safe internal temperature of 165° F (75° C). Always make sure meat is cooked through before serving.

Sweet Potato and Banana Puree
Yield: approximately 1½ cups

Ingredients
1 medium sweet potato, peeled and cut into ¼-inch dice.
½ small banana, peeled and sliced into ¼-inch pieces.

Method
1. sweet potato for 20 minutes.
2. Add banana and puree to smooth (approximately 30 seconds).

Optional Flavorings*
1. Stir in: Ground cinnamon or ground nutmeg to taste.
2. Stir in: ½ cup (125 ml) of water, breast milk or formula to thin.

6 months & up

Squash and String Bean Puree
Yield: approximately 1 cup

Ingredients
⅓ small butternut squash, peeled and cut into ¼-inch dice.
3 ounces (85 g) string beans cut into ½-inch pieces.

Method
1. Place squash and beans in machine and set for 15 minutes.
2. Puree for additional 30-60 seconds to desired consistency.

Optional Flavorings*
1. in: ½ to 1 teaspoon chopped fresh dill.
2. in: 1 teaspoon (5 ml) olive oil.
3. Stir in: Water, breast milk or formula.

6 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Turkey and Prune Puree
Yield: approximately 1¾ cups

Ingredients
1 cup raw ground turkey
10 prunes

Method
1. Place prunes in machine then place turkey on top of prunes. Set for 25 minutes.
2. Add 1/4 cup (60 ml) water, breast milk or formula and for additional 30-60 seconds.

Optional Flavorings*
1. with: A pinch of dried thyme or oregano.
2. in: ¼ cup cooked brown rice, millet or barley.
3. in: 1 teaspoon finely chopped parsley or chives.
4. in: 1 tablespoon sautéed onions (8 months and up).
5. Stir in: Water, breast milk or formula.

6 months & up

Sweet Potato and Apricot Puree
Yield: approximately 1½ cups

Ingredients
2 small sweet potatoes, peeled and cut into ¼-inch dice.
1-2 dried apricots.

Method
1. Place sweet potatoes and apricots in machine and set for 20 minutes.
3. Add ¼ cup (60 ml) water, breast milk or formula, and for additional 30-60 seconds.

6 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Carrot and Pear Puree
Yield: approximately 1 cup

Ingredients
3 medium carrots, peeled and cut into ¼-inch dice.
1 small pear, peeled and cut into ¼-inch dice.

Method
1. Place carrots and pears in machine and set for 15 minutes.
2. Puree to smooth additional 30-60 seconds.

Optional Flavorings*
1. Stir in: A few drops of fresh ginger juice.
2. Stir in: Water, breast milk or formula.

6 months & up

Apple and Prune Puree
Yield: approximately ¾ cups

Ingredients
2 apples, peeled and cut into ¼-inch dice.
4 prunes

Method
1. Place apples and prunes in machine and set for 10 minutes.
2. Pour off residual liquid and reserve.
3. Puree to smooth (30 seconds), adding back residual liquid if needed to puree.

6 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Greens and Potatoes
Yield: approximately 1½ cups

Ingredients
½ cup frozen peas (thawed)
½ cup green beans, cut into pieces
¾ cup diced white potato (about 1 medium or ½ large potato)

Method
1. Place peas, green beans and potatoes in machine.
2. Set for 20 minutes.
3. For younger babies, add approximately 3 ounces (85 ml) of water and for an additional 30 seconds for thinner consistency.

Optional Flavorings*
1. Stir in: 1 teaspoon finely chopped chives.
2. Stir in: one pat of butter.
3. in: 1 tablespoon finely chopped sautéed onion.

6 months & up

Fruity Sweet Potatoes
Yield: approximately 1½ cups

Ingredients
1 medium sweet potato, peeled and cut into ¼ inch dice
½ cup diced mango
3 Tbsp (45 ml) prune juice

Method
1. Place sweet potatoes and mangoes in machine and set for 20 minutes.
2. Add 3 tablespoons (45 ml) of prune juice and or stir to desired consistency.

6 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Squash and Peaches
Recipe Adapted from WholesomeBabyFood.com
Yield: approximately 1½ cups

Ingredients
1 cup diced acorn squash
2 small ripe peaches
Drip of maple syrup

Method
1. Place squash and peaches in machine and set for 25 minutes.
2. Stir in a drip of maple syrup.

Optional Flavorings*
1. Replace squash with sweet potato.

6 months & up

Asparagus and Broccoli Puree
Yield: approximately 1¼ cups

Ingredients
6 asparagus stalks (excluding tips), cut into ¼ inch pieces
1 large or 2 medium broccoli stalks and florets, roughly chopped.

Method
1. Place asparagus and broccoli in machine and set for 25 minutes.
2. additional 30 seconds if thinner consistency is desired.

Optional Flavorings*
1. Stir in: ¼ cup (60 ml) water, breast milk, formula or chicken broth for thinner consistency

8 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Parsnip and Pear Puree
Yield: approximately 1¼ cups

Ingredients
1 large parsnip, peeled and cut into ¼-inch dice.
½ ripe pear, peeled and cut into ¼-inch dice.

Method
1. Place parsnip and pear into machine and set for 15 minutes.
2. If thinner consistency is desired, additional 30 seconds.

Optional Flavorings*
1. with: A pinch of ground cinnamon or ground allspice.
2. with: 2 teaspoons of butter.
3. with: A pinch of finely chopped rosemary.
4. Stir in: Water, breast milk or formula.

8 months & up

Sweet Potato, Parsnip, Apple and Cinnamon Puree
Yield: approximately 1¾ cups

Ingredients
½ parsnip, peeled and cut into ¼-inch dice.
1 small sweet potato, peeled and cut into ¼-inch dice.
½ apple, peeled and cut into ¼-inch dice.
2 pinches ground cinnamon, or to taste

Method
1. Place sweet potato, parsnip, apple and cinnamon in machine and set for 20 minutes.
2. additional 30 seconds if desired.

8 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Lamb and Barley Puree
Yield: approximately 1¼ cups

Ingredients
½ cup raw ground lamb
½ cup cooked barley
2 teaspoons chopped parsley

Method
1. Place lamb, barley and parsley in machine and for 25 minutes.
2. Puree to smooth (60 seconds).
(You may need to break apart pieces of lamb that stick together during steaming.)

Optional Flavorings*
1. in: 2 prunes.
2. in: 2 tablespoons sautéed onions.
3. in: 3 tablespoons cooked broccoli.
4. Stir in: Water, breast milk or formula.

8 months & up

Chicken, Brown Rice, Broccoli and Sesame Puree
Yield: approximately 1¼ cups

Ingredients
½ cup raw ground chicken
1 cup broccoli florettes
½ cup cooked brown rice
1 teaspoon white sesame seeds*
1 teaspoon chopped fresh chives*

Method
1. Place chicken, rice, broccoli and sesame seeds in machine and for 25 minutes.
2. Add chives and puree to smooth (45-60 seconds).
(You may need to break apart pieces of chicken that stick together during steaming.)

Optional Flavorings*
1. Stir in: Water, breast milk or formula.

8 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Millet, Lamb, Sweet Pea a
Yield: approximately 1¼ cups

Ingredients
½ cup raw ground lamb
1 cup frozen peas (thawed)
½ cup cooked millet
1 tablespoon chopped mint*

Method
1. Place lamb and peas in machine and for 20 minutes.
2. Add millet and mint and puree to smooth (45-60 seconds).
(You may need to break apart pieces of lamb that stick together during steaming.)

8 months & up

Squash, Corn, Turkey and Apricot Puree
Yield: approximately 1¼ cups

Ingredients
⅓ small butternut squash, peeled and cut into ¼-inch dice (2 cups)
½ cup raw ground turkey
¼ cup frozen or fresh corn kernels
2 dried apricots

Method
1. Place squash, corn and apricots in machine with turkey on top and for 25 minutes.
2. Puree to smooth (60 seconds).
(You may need to break apart pieces of turkey that stick together during steaming.)

Optional Flavorings*
1. in: ¼ teaspoon minced fresh sage.
2. Stir in: Water, breast milk or formula.

10 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Potato, Carrot and Corn Puree
Yield: approximately 1½ cups before adding yogurt

Ingredients
1 medium russet potato, peeled and cut into ¼-inch dice
½ medium carrot, peeled and cut into ¼-inch dice
½ cup frozen corn niblets
½ teaspoon chives*
½ cup plain yogurt* (optional)

Method
1. Place potatoes, carrot and corn in machine and set for 15 minutes.
2. Add chives and puree to smooth additional 30 seconds.
3. Remove from bowl and stir in yogurt if desired.

10 months & up

Zucchini, Tomato, Avocado and Basil Puree
Yield: approximately 1¼ cups

Ingredients
½ medium zucchini cut into ¼-inch dice
1 large beefsteak tomato, cut into ½-inch wedges
½ avocado, sliced*
1 tablespoon chopped fresh basil*

Method
1. Place zucchini and tomato in machine and for 10 minutes.
2. Drain residual liquid and reserve.
3. Add avocado and basil and puree to smooth (30-60 seconds), adding back residual liquid as needed.

10 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

Creamy Quinoa and Coconut Cod
Recipe Adapted from WholesomeBabyFood.com
Yield: approximately 1¼ cups

Ingredients
½ cup cooked quinoa
½ cup fresh cod, cut into small pieces
Pinch of parsley or cardamom
2 Tbsp (30 ml) coconut milk or coconut water

Method
1. Place cod in machine and for 20 minutes.
2. Add quinoa, parsley or cardamom and coconut milk or coconut water and for 30 - 60 seconds or to desired consistency.

10 months & up

Drink Your Greens
Recipe Adapted from WholesomeBabyFood.com
Yield: approximately 2¼ cups

Ingredients
½ cup fresh baby spinach, packed tightly
1 ripe pear, diced
½ cup diced melon
Drip of vanilla

Method
1. Place spinach, pear and melon in machine and set for 10 minutes.
2. Stir in a drip of vanilla.

10 months & up

*Check with your pediatrician to determine when to safely add these flavorings.

*Check with your pediatrician to determine when to safely add these flavorings.

14