

CHRISTINE'S HOMEMADE BABY FOOD RECIPES



By: Christine Herman

Notes for freezing and defrosting;

- 1. Defrost a container overnight in the refrigerator a day before use
- 2. Reheat in a bowl over a saucepan of boiling water
- 3. When heating using a microwave ensure even heat distribution (might get Hot spots)
- 4. Never refreeze
- 5. Freeze food containing dairy for up to six weeks
- 6. Freeze food containing meat, chicken or fish for up to eight weeks
- 7. Freeze food containing vegetables for up to three months









Equipment you will need:

Pot for boiling or steamer

Blender or hand held blender

6 – 8 250g freezable/microwavable containers

FOOD GUIDE

	Before 6 months	6 – 8 months	9-12 months	+12 months
 <p>Fruit</p>	Banana Pear Avocado Plum Apple Peach Nectarine	⊗ Blueberry Papaya Melon Apricot Grapes / raisins (chopped/pureed)	Mango Pineapple Kiwi Fruit Strawberry	Citrus fruits raspberry
 <p>Cereal & Grains</p>	White rice Brown rice	⊗ Wheat ⊗ Wheat germ Rye Barley Oats Quinoa Pasta		
 <p>Eggs</p>			Cooked egg yolk ⊗ Cooked egg white	
 <p>Meat</p>			Chicken Beef Pork Lamb Turkey	
 <p>Veggies</p>	Sweet potato White potato Carrots Butternut Pumpkin Parsnip	Peas Green Beans Zucchini /Courgettes Bell peppers Onions Beets	Broccoli Eggplant Cauliflower Lentils/dried beans Asparagus Turnips ⊗ Soy (Tofu) Tomatoes Spinach Okra	⊗ Corn
 <p>Dairy</p>	⊗	Yogurt Cheese Fromage frais		Cows Milk
 <p>Fish</p>			White Fish (cod, haddock, hake) Light tuna Salmon Sardines Mackerel	
 <p>Other</p>		Aromatic Spices Herbs Garlic	Mushrooms	⊗ Peanuts ⊗ Peanut butter ⊗ Other nuts ⊗ Shellfish Honey

- These are the most common allergens, and should be introduced with care, if at any time baby has a reaction to anything they have eaten consult immediately with a doctor.

6 MONTHS

Remember that babies at 6 months will only manage a few teaspoons in one serving, as they get older offer more and follow their lead. No baby is the same where one can only eat 3t at one meal and another at the same age could eat 6t. Spoon a small amount into another container when heating and feeding your baby and not from the frozen storing container as this will spoil the food.

Butternut and carrot

- 250g peeled and seeded Butternut - cubed
- 3 x Peeled carrot – cubed

Make sure the vegetables are peeled and cubed, place them in a pot on the stove with water covering them and Boil to a soft cooked texture. If you have a vegetable steamer place them in your steamer and following your manufacturer's instructions, steam the vegetables until they are cooked to a soft texture. Blend together and spoon the pureed mixture into containers and freeze for future use.

* makes +- 2 x 250g containers

Butternut, Carrot and Potato

- 250g peeled and seeded Butternut – cubed
- 3 x peeled carrot – cubed
- 2 x peeled potato – cubed

Boil or steam the above vegetables to a soft cooked texture. Blend together and spoon the pureed mixture into containers. When cooled, freeze for future use.

* makes +- 3 x 250g containers

Butternut, Gem squash and Potato

- 250g peeled and seeded Butternut – cubed
- 250g peeled potato – cubed
- 1 x Gem squash – halved and pits removed

Boil or steam the Butternut and potato to a soft cooked texture. In a separate pot boil the gem squash halves until cooked. Spoon out the gem squash into the bowl/pot and mix with potato

and butternut. Blend together and spoon the pureed mixture into containers and freeze for future use.

*makes +- 2 x 250g containers

Broccoli, Cauliflower, sweet potato and Gem squash

- 250g peeled sweet potato – cubed
- 250g mix broccoli and cauliflower
- 1 x Gem squash – halved and pits removed

Boil or steam the sweet potato, broccoli and cauliflower to a soft cooked texture. Boil or steam the gem squash until cooked. Spoon out the gem squash into the bowl/pot and mix other vegetables. Blend together and spoon into containers and freeze for future use.

* makes +- 2 x 250g containers



Broccoli, cauliflower and courgettes

- 250g Zucchini / courgettes – peeled and diced
- 250g mix broccoli and cauliflower
- 1 x Gem squash – halved and pitted

Make sure all vegetables are washed and cleaned. Boil or steam the broccoli, cauliflower and courgettes to a soft cooked texture. Blend together and spoon into containers and freeze for future use.

*makes +- 2 x 250g containers



Gem squash, Courgettes and Sweet potato

- 250g peeled sweet potato – cubed
- 250g Zucchini / courgettes – peeled and diced
- 1 x Gem squash – halved and pits removed

Boil or steam the sweet potato and courgettes to a soft cooked texture. Boil or steam the gem squash until cooked. Spoon out the gem squash into the bowl/pot and mix other vegetables. Blend together and spoon into containers and freeze for future use.

*makes +- 2 x 250g containers

Broccoli, courgettes and green beans

- 250g broccoli
- 250g Zucchini / courgettes – peeled and diced
- 250g Green beans – cut into pieces

Boil or steam the broccoli, courgettes and green beans to a soft cooked texture. Blend together and spoon into containers and freeze for future use.

*makes +- 3 x 250g containers



Beetroot and carrot

- 2 x medium beets / beetroots
- 4 x medium carrots

Boil beetroot to a soft cooked texture (+- 30min), peel and cut into cubes. Peel and cut the carrots into cubes and boil/steam until cooked and soft. Combine the beetroot and carrot together and Blend, using a spoon put the pureed mixture into containers and freeze for future use.

*makes +- 2 x 250g containers

Pumpkin and Parsnips

- 1 parsnip
- 250g fresh pumpkin
- tiny pinch ground nutmeg
- 1 tsp chopped fresh chives

Peel and dice the parsnip and the pumpkin. Steam, or simmer in a little water, until nice and tender. Drain, then blend well in a food processor - or, if you prefer, mash well with a fork. Simply stir in the nutmeg and chives. Once these have cooled, spoon into containers and freeze for future use.

*makes +- 1 x 250g containers



Garden vegetable combo

½ cup Green Beans

½ cup Pumpkin – peeled and cubed

½ cup Peas

½ cup Carrots – peeled and cubed

Combine the green beans and peas, pumpkin and carrots in a pot on the stove. Add enough water to just cover the vegetables. Cook until tender and drain, saving some of the water. Puree vegetables in blender or food processor, adding some of the saved water until your desired consistency is reached.

* makes +- 4 x 250g containers

9 MONTHS

Chicken and mash potato

- 2 x medium cubed Chicken breasts (skinless)
- 1 T chopped onion
- 1t dried mixed herbs
- 1/2 cup chicken stock
- 2 med potatoes – peeled and cubed



Fry the onion, mixed herbs and chicken pieces in a saucepan, brown the chicken pieces. Add the stock and simmer until the chicken is cooked (+-10min). In another pot steam or boil the potatoes until soft. Mash with a little butter and some boiled water. Once the chicken is cooked, blend and leave to cool. In the containers, place half mashed potato and half chicken mixture. Once food has cooled down, store in the freezer til use.

*makes +- 3 x 250g containers

Chicken, Gems quash & potato

- 1 x medium Chicken breast (skinless)
- 2 x medium Gem squash
- 1 x Potato – peeled and cut into quarters
- 1 x packet of creamy chicken soup mix
- dried mixed herbs

Cut the gem squash in half and remove all the pits. Place these into a pot on the stove with the potatoes, cover with water and boil for +- 10/15 min until they are soft and cooked. Put 2 x teaspoons of the chicken soup into a cup and add 100ml water and mix well. Cut the chicken breast into cubes and brown in a pan with a few herbs, once the meat is browned, pour in the Chicken soup mix, and leave to simmer for about 10min. Mix together in a bowl and blend.

*makes +- 2 x 250g containers

Chicken & Fruit stew

- 1 Med Peach - peeled & diced
- 1 Medium Apple - peeled & sliced
- 2 Med carrots – peeled & diced
- 2 x Medium chicken breasts (skinless)
- 1 tin tomato & onion mix
- 1/2 tsp dried mixed herbs

- 200ml water

Steam the fruit and vegetables until soft and cooked, bake the chicken in the tomato and onion mixture until cooked. Add the fruit and carrots to the chicken in tomato mixture and blend together. Once cooled enough can either be eaten straight away by your baby or frozen for future use.

*makes +- 3 x 250g containers

Mince and mash

- 500g Extra lean Beef Mince
- 2 x Medium Potatoes
- 2T chopped Onions
- 1 x medium Tomato
- Dried herbs
- 1/2 cup beef gravy / stock

Fry onion, herbs and mince until brown in a saucepan. Dice and add the tomato and beef gravy / stock to the mince, simmer for about 10min. In another pot steam or boil the potatoes until soft. Mash with a little butter and some boiled water. Once the mince is cooked, blend and leave to cool. In the containers, place half mashed potato and half mince. Once food has cooled down, store in the freezer til use.

*makes +- 4 x 250g containers

Mince & spaghetti

- 500g Extra lean Beef Mince
- 1/4 packet of spaghetti noodles
- 2T chopped Onions
- 1 x medium Tomato
- Dried herbs
- 1/2 cup beef gravy / stock

Fry onion, herbs and mince until brown in a saucepan. Dice and add the tomato and beef gravy / stock to the mince, simmer for about 10min. In another bring the water to the boil and add spaghetti and salt. When cooked, drain and finely chop up. Once the mince is cooked, blend and leave to cool. In the containers, place half chopped spaghetti and half mince. Once food has cooled down, store in the freezer til use.

*makes +- 4 x 250g containers

Tuna pasta

- 1/4 packet pasta shells / macaroni
- 1 x tin of tuna in salt water
- 3T diced onion
- 1 x tomato diced
- 1/2 cup grated cheddar cheese

Bring a pot to the boil and add pasta and salt. Once cooked, drain and leave to the side. In a frying pan, fry onions and tomato and add tuna. Add the pasta and cheese to the tuna. Remove the pan from heat and mix everything well. Once this has cooled, spoon into containers and serve or freeze for future use.

*makes +- 4 x 250g containers

TIP: If you are wanting to serve the meal to your baby / toddler the next day, instead of freezing, store in the refrigerator overnight. These foods can be stored up to 2 days in the refrigerator in sealed containers

Chicken stew and rice

- 1/2 tsp Olive oil
- 2T chopped onion
- 2T chopped red pepper
- 1 x Chicken Breast (skinless) - diced
- 1 x Carrot (peeled & diced)
- 1/4 cup cooked rice / basmati rice
- 1/4 chicken soup mixture / chicken stock

heat oil in frying pan and add onion and peppers and sauté until soft. Add the chicken and fry until browned, then add the stock and carrots and simmer until the carrots are soft and cooked. Mash or blend the rice and chicken mixture together and spoon into containers to use, refrigerate or freeze.

*makes +- 4 x 250g containers

Chicken, leek and potato

- 1 x medium Chicken breast (skinless)

- 1 x leek diced
- 1 x Potato – peeled and cut into quarters
- 1 x packet of creamy chicken soup mix
- dried mixed herbs

Bring to boil a pot on the stove with the potatoes, +- 10/15 min until they are soft and cooked. Put 2 x teaspoons of the chicken soup into a cup and add 100ml water and mix well. Cut the chicken breast into cubes and brown in a pan with the leeks and a few herbs, once the meat is browned, pour in the Chicken soup mix, and leave to simmer for about 10min. Mix chicken and potatoes together in a bowl and blend. Spoon into containers and freeze for future use.

*makes +- 2 x 250g containers

Lentils, beans and veg mix

- 1/2 cup Rice
- 3 x Tbsp Lentils
- 1 x Carrot (Peeled and chopped)
- 1/2 cup of peeled diced butternut
- 8 – 10 Beans (whichever variety you prefer)

Soak your beans overnight as well as the lentils so they are soft and will cook quickly.. Add together the veggies, rice, beans and the lentils into and cook for about 10-15 minutes or until the rice, beans, lentils and veggies are cooked until soft. Remove from the heat and drain the water out of the pot. Blend or mash until soft and lumpy but not liquidized. Spoon into containers to freeze or serve once cooled.

* makes +- 4 x 250g containers

Veggie eggs

- 1 x egg
- 100ml breast milk / formula milk
- 1/2 t butter / margarine
- 1/2 cup finely diced mixed vegetables (carrots, patty pans, courgettes, green beans, etc)



Steam or boil vegetables until soft and cooked. Mix the egg and milk together, add the veggies to the egg mixture. Put the butter into a frying pan on low heat, pour in the egg and veggie mixture and stir until cooked. This meal CANNOT be frozen so will need to be eaten when cooled or refrigerated for use within 24hrs.

Cheesy Potato

- 1 medium potato
- 1 Tablespoon grated Cheddar or Gouda (more or less if baby prefers)
- 2 Tablespoons Full Fat Plain Yoghurt

Boil or steam the potato until cooked. Blend or mash all ingredients together. Serve when cooled or freeze for future use.

* makes +/- 2 x 250g containers

Sweet potato bites

- 3 medium sweet potatoes
- 2 Tbsp. olive oil
- ¼ cup baby rice/oatmeal cereal

Peel and cut sweet potatoes into cubes and coat in Olive oil and baby cereal. Spread these out on a greased ovenproof pan. Cook in a preheated oven (+180C) for about 25-30min or until cooked. Once cooked, remove from oven and leave to cool on pan. Can be served immediately or frozen for use at a later date.

Cauliflower and cheese

3/4 cup cauliflower florets
3/4 cu) milk
1/2 cup grated cheese
2 tsp flour
1Tbsp butter

Steam the cauliflower until tender (about 10 mins). To make the cheese sauce, melt the butter in a small saucepan. Stir in the flour until its smooth and pasty. Add the milk slowly, continuously stirring until sauce thickens. Remove from the heat and stir in the grated cheese. Pour the cheese sauce over the cauliflower and blend or mash as desired.

11 MONTHS

Egg and toast

- 1 x egg
- 1 x brown toast
- Small amount of breast milk / formula

Mix the egg and milk mixture and fry in a pan to make scrambled eggs. Serve on toast and cut into fingers. Let baby try eat on their own or serve cut into small squares.



Fish bake

- 500g Fresh Hake
- 1 medium butternut
- 300g cooked peas
- 2T milk (formula / breast milk)
- 3 cooked medium potatoes – mashed

Steam the fish for 20min, flake and mix with the mashed butternut, peas and milk. Spoon equal portions of fish and vegetable mixture into individual containers. Top each serving with the mashed potato and freeze. Reheat from frozen in the microwave or in the oven (+-10min on 200C).



* makes +-8 x 250g containers

Fishy Supper

- 1 filet of any white fish such as cod, haddock etc
- 1/8 cup of milk
- 1 tbsp melted butter
- 1/8 cup mashed peas
- 1/8 cup mashed carrots
- 1/8 cup mashed potatoes

Steam the fish until cooked and flaky. Boil or steam the Peas, carrots and potatoes until soft

and cooked. In a bowl, mix the fish, butter and vegetables together and either blend or mash until desired thickness. When cooled can either be served immediately or placed in containers and frozen for future use.

* makes +- 4 x 250g containers

Pork and apple

- 2 tsp (10 mL) canola oil
- 1/4 cup (60 mL) thinly sliced onions
- 6 oz (170 g) boneless pork loin chops, sliced
- 1 golden delicious apple, peeled, cored and sliced
- 1/2 cup (125 mL) unsweetened apple juice, approx

In saucepan, heat oil over medium heat; cook onion until soft. Add the pork; stir and cook for about 3 minutes or until browned. Then Stir in the apple and cook until golden and starting to soften, about 5 minutes. Add the apple juice and continue stirring. Turn down heat to a simmer and cover. Cook for another 15-20min or until apple is tender and pork can be shredded easily.

In blender or food processor, purée pork mixture to desired consistency, adding up to 1/4 cup (50 mL) more apple juice if desired.

* makes +- 3 x 250g containers

Fish fingers and mixed veg

- 4 x Cooked Fish fingers
- 1/2 cup cooked mixed veg

Cut the fish fingers into bite size pieces, and serve together with the mixed veg (bite size pieces – carrot, peas, beans). Serve as finger foods for baby to try eat on their own or alternatively feed baby with a spoon. Can also be frozen.



Rainbow Rice

- 1 cup rice
- 1/4 cup milk (you can use formula, breast milk or whole milk)
- 4 tbsp grated Cheddar cheese
- 2 tbsp finely chopped red bell pepper
- 1 tbsp chopped fresh parsley

Place rice in a pot of water on the stove and boil until cooked and soft. Preheat the oven to 180C. Grease a small oven proof dish. Add all the ingredients together except the milk and put into the oven dish. Then pour in the milk over the rice, cheese and peppers, then place in the oven and cook for around 20 to 30 mins or until the cheese is golden and the pepper is tender.

Cool to a safe temperature and serve. Place leftovers in containers to freeze for future use.

* makes +-6 x 250g containers

Butternut lasagne

- 2 cups pumpkin - peeled and chopped
- 1 tsp olive oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 9 sheets of instant lasagne
- 1 cup grated Cheddar cheese
- *homemade tomato sauce (chopped tomatoes, garlic & mixed herbs)

Boil or steam the pumpkin until tender, then mash. In a frying pan, heat the oil and fry the onions and garlic until soft. Stir the onion mixture into the mashed pumpkin. In a long greased oven proof dish, place 3 lasagne sheets. Place half the mashed pumpkin on top and spread evenly, then sprinkle over 1/3 the cheese and then layer 1/3 tomato sauce. Repeat the layers, and finish with the last pasta sheets, cheese and remaining tomato sauce. Bake in a pre-heated oven on 180C for +- 30min or until Pasta is cooked. Chop as necessary, refrigerating any leftovers for up to 2 days of freezing for up to one month.

* makes +- 4 x 250g containers

Mixed veg and rice

- 1/2 medium butternut – peeled and cubed
- 3 x Carrots – peeled and cut into pieces
- 1 x sweet potato – peeled and cubed
- 2 x Tomatoes – skin removed (1/2 tin of whole peeled tomatoes in a can)
- 1/4 cup rice

In a pot on the stove bring all the above to a boil, reduce heat and simmer until all the vegetables and rice are cooked and soft. Using a fork or potato masher, mash or squash the food until desired consistency (texture that your baby can eat comfortably). Spoon mixture into containers and freeze for future use.

* makes +- 4 x 250g containers

Macaroni & cheese

- 1 cup Macaroni
- 1/4 cup butter
- 1/4 cup flour
- 2 cups milk
- 2 cups grated cheddar cheese

Cook macaroni according to package directions or until soft, remove from heat and drain. In a medium saucepan, melt the butter over medium heat, stir in the flour, slowly add the milk. Cook and stir until bubbly. Add the grated cheese and continue stirring until melted. Remove from heat. Pour the sauce over the macaroni and mix well.

* makes +- 4 x 250g containers

Mixed veg and Cheese sauce

- 2 x leeks (white part only)
- 1 cup trimmed broccoli
- 1 cup cauliflower (trimmed)
- 300ml milk (cows/formula or breast)
- 40g margarine
- 40g plain flour
- 1 cup cheddar cheese, finely grated

Slice the leeks finely. Divide the cauliflower and broccoli into small florets. Place in boiling water then simmer until soft, then drain. In a medium saucepan, melt the butter over medium heat, stir in the flour, slowly add the milk. Cook and stir until bubbly. Add the grated cheese and continue stirring until melted. Remove from heat. Pour the sauce over the vegetables.

Chop into little chunks (or mash) and serve. Freeze the remaining food into portions appropriate for your baby.

* makes +- 4 x 250g containers

Baby beef stew

- 1/2 cup cubed cooked beef
- 1 peeled potato
- ¼ cup shelled fresh or frozen peas
- 1 peeled carrot
- 1 stalk of celery
- 1/4 cup uncooked macaroni
- 4 cups of water

Wash vegetables thoroughly and chop very fine, put these into a pot of water on the stove. Simmer the veggies for 20 minutes or until softened. Then add the macaroni and cook further until very soft. Add the cooked shredded beef. Remove from the heat and drain, saving some of the water.

Mash or blend together using the stored water until at a desired consistency for your baby.

* makes +- 3 x 250g containers

Lamb & Apple

- 1 cup minced lamb
- 1 apple, grated finely
- 1/2 cup apple juice
- 1 x zucchini/courgette, chopped
- 1 x carrot, peeled and sliced
- pinch cinnamon powder

In a saucepan, cook the lamb with a little olive oil until cooked through and drain excess fat. Add the apple and vegetables and apple juice to the saucepan. Stir, cover and simmer for 15mins. Add the cinnamon and simmer for a few more minutes. Remove from heat and mash or blend as necessary. Serve with mashed potato or soft cooked rice.

* makes +- 4 x 250g containers

Pork stew

1 cup lean pork shoulder, boneless
1 small onion, chopped
1/4 tsp dried rosemary, crushed
1/3 cup water
1 cup mushrooms, sliced
2 carrots, peeled and sliced
1/2 green pepper, chopped
1/4 cup tomato sauce
4 ripe tomatoes, peeled and chopped
1 tsp olive oil

Remove all fat from the pork and cube. Fry in a shallow saucepan with a little olive oil until browned through. Add the onions, tomatoes, rosemary and water and bring to the boil. Reduce heat and simmer covered for an hour and until the pork is tender.

Add the remaining ingredients, cover and simmer for a further 15 to 20 minutes, until the vegetables are tender. Mash or blend to the desired consistency. When cooled serve immediately or place in containers to be frozen for future use.

* makes +- 4 x 250g containers

FRUIT RECIPES

Apple



- 2 x Apples – peeled & cored

steam or boil the apples until soft. Blend/mash and serve as a snack or with breakfast. Apple is very good for your little ones digestive system and if they suffer from constipation should be added to their diet every day. Cooked apple freezes very well, so any leftovers can be frozen for use at a later date.

Apple & Pear



- 2 x Apples
- 2 x Pears

Take however many apples and pears you will need and peel and core them, steam or boil until soft. Blend/mash and serve as a snack or with breakfast. If there are any leftovers, these can be frozen for future use.

Apple, pear and strawberry



- 1 x Apple
- 1 x Pear
- 6 x Strawberries

Take however many apples and pears you will need and peel and core them, steam or boil until soft. Take however many cleaned strawberry's you require, cut off tops. Combined with cooked apples and pears and Blend/mash and serve as a snack or with breakfast

Apricot Puree and rice cereal

100g dried apricots
2T baby rice cereal
1/3 cup milk / breast milk or Formula milk

Place the apricots in a small saucepan and cover with water, simmer covered for about 20min or until apricots are soft. Half drain the apricots. Blend the apricots with a little of the cooking water. Mix the cereal with milk and mix in the apricot puree. Serve immediately. DO NOT FREEZE. This recipe is best served straight away.



Banana and Oats Surprise

- 1/4 cup Ground oats
- 3/4 cup Water
- 1/2 Mashed banana
- Small amount of Breast/formula milk

Ground the oats in a blender until slightly smaller. Boil the oats on a pan on the stove with water and a dash of salt until cooked (follow directions according to oat packet). Once cooked remove from heat, remove excess water and allow to cool. Once cooled, mix in the mashed banana and milk. Because of the milk content this will need to be served immediately.

Apple & Oats

- 4 x Apples – cut in half & cored
- 1/2 cup Oats

- 1 tsp cinammon

Place the apples cut-side down in a baking dish. Bake at 180C for about 45 minutes, or until they puff up. Remove the skin. Meanwhile, cook oats according to directions on packaging. Mix cooked apples and oats into a bowl and blend or mash to desired consistency. Add a teaspoon or two of cinnamon and water if necessary.

Bananas and brown rice

- 3 x Bananas
- 1/4 cup brown rice
- Water or Breast/formula milk (optional)

Place the bananas on a baking tray (peels on) and bake in the oven for 180C for about 30 minutes. When cooled, remove peels. In a pot on the stove, cook the brown rice. Combine bananas and rice in a bowl and blend or mash together using water if necessary to get your desired consistency. Breast or Formula milk can also be used for a creamier taste (Optional).