

# FRESH HOMEMADE BABY FOOD

## **FRUIT**

It is best to use your own freshly canned fruit. You will need a quart of fruit to grind up at a time. This will give you enough baby food for a little more than one week, and you should not have any problem with the ground up food spoiling. You will use the syrup in your jar to add to the fruit so that it will be the right consistency. It will not take much syrup, as you do not want it too runny.

### **Fruits that work well:**

- Peaches
- Pears
- Cherries
- Plums
- Apricots
- Applesauce
- Prunes (will need extra water when blending)

You can also mix fruits for combinations, such as apple blueberry or apple strawberry.

## **VEGETABLES**

All the vegetables should be cooked in water with no salt added. The vegetables do not need to be cooked until they are soft just so they have been heated well. Once you have cooked your first cup of vegetables, put them in the blender. Then add some of the juice from the vegetables, just so that the vegetables when blended will be smooth, but not too thin. Be extremely careful when you start the blender that you don't blow the lid off from all the heat that has built up in the blender jar. When you finish, store the ground up vegetables in small butter tubs or baby food jars. Then you can start with another vegetable so you will have some variety during the week. The vegetables should not spoil in a week's time.

### **Vegetables that work well:**

- Peas
- Sweet potatoes (will be sticky, so add extra H<sub>2</sub>O)
- Carrots
- Lima beans
- Broccoli
- Cauliflower
- Green Beans
- Red beets (don't need cooking)

You can add a touch of butter to carrots, lima's or green beans if you like. And a small slice of Velveeta to the broccoli or cauliflower made it taste better. The lima's, broccoli and cauliflower may cause gas, so be careful.

## **MEATS**

You may grind lean meats such as turkey or chicken and add the broth from cooking the bird to make it mushy like the baby food in the stores. You will need to be sure to remove all fat and gristle and really grind it well. Mixing the meats with egg noodles that are well cooked and grinded will help lessen the strength of the meats.