

# Homemade Baby Food Recipes: 4 to 12 Months

## My mothers ideas book

[Homemade Baby Food Recipes: 4 to 12 Months - My mother's ideas](#)



### 4 to 6 Months Old - Stage 1 Food

Brown Rice Cereal

Rice contains 90 percent carbohydrate, 8 percent protein and 2 percent fat.

**Vitamins:** B, E, K

**Minerals:** Magnesium, Phosphorus, Manganese, Selenium, Iron, Folic Acid, Thiamine Andniacin.

#### Ingredients:

- 1/4 c. rice powder
- 1 cup water

**Directions:**

**Step 1:** Boil the water in a saucepan.

**Step 2:** Start adding the rice powder slowly while stirring constantly. This will avoid formation of lumps.

**Step 3:** Simmer for 10 minutes, whisking constantly. (If you wish to give slight twist to the taste, try mixing in formula or breast milk and fruits, but not too much)

Warm and tasty rice cereal is ready for the baby.

**Note 1:** You can prepare brown rice powder at home by grinding in blender or food processor.

**Note 2:** This same recipe is applicable to prepare **Oatmeal Cereal** from ground oats (do NOT use instant or Quick Cook), Barley Cereal from ground barley.

#### Bananas 4 to 6 months

Bananas are Fiber rich fruit, which are claimed to help prevent and relieve constipation.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Selenium, Magnesium, Calcium

**Ingredients:** 1 Banana (take a small portion suitable for baby, remaining you have to consume!)

**Directions:**

**Step 1:** Peel ripe banana (remember you are not going to cook it!)

**Step 2:** Prepare banana puree in a food processor/food mill or blender.

**Step 3:** Alternatively, you can mash the banana in a bowl using a regular fork, my tip is to heat the peeled banana in a microwave oven for about 25 seconds prior to mashing for giving extra softness.

**Step 4:** Now you can add formula/breast milk or water to thin or add cereal to slightly thicken it up. (as needed)

#### Pumpkin 4 to 6-8 months

Pumpkin is a very good source of Dietary Fiber, low in Saturated Fat, and very low in Cholesterol and Sodium.

**Vitamins:** A (12230 IU in 1 cup.), C, K, Folate, Niacin

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium, Iron

**Ingredients:** 1 small sugar pumpkin (remember baby can eat smallest portion, so take smaller one) + Water

**Directions:**

**Step 1:** Cut sugar pumpkin and scoop out the seeds.

**Step 2:** Place an inch of water in a saucepan, keep the cut-piece facing down in the pan.

**Step 3:** Bake the pumpkin in a 400 degree oven for 40 minutes or till the skin puckers.

**Step 4:** The halves will become soft, now scoop squash “meat” out of the shell

**Step 5:** Blend the pumpkin “meat” into to get nice puree.

**Step 6:** Add small amount of water (if needed) to get a smooth, thin consistent paste.

**Step 7:** Alternatively you can simple boil the cut pieces (after seed removal) or steam them until tender and then prepare a puree.

**Tip :** While shopping in stores, do buy a pumpkin and not the Pumpkin Pie mix.

Pear 4 to 6 months

Pears contains Vitamin C and copper which are antioxidant nutrients, so eating pears is good for the immune system and may help prevent cancer. It is also great for constipation.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

**Directions:**

**Step 1:** Peel and cut pear into chunks, remove the seeds.

**Step 2:** Steam the chunks gently until tender.

**Step 3:** Blend them well to get a smooth fine puree or just smash them using a fork!

**Step 4:** Mostly you need not use any water to cook them.

**Step 5:** Add some baby cereal to thicken (if needed)

## Banana Applesauce Mash 4 to 6 months

### **Ingredients:**

- 1 Apple
- 1 Ripe Banana

### **Directions:**

**Step 1:** Peel the apple, make slices.

**Step 2:** Place slices into a saucepan with water to slightly cover apple slices.

**Step 3:** Boil them until tender.

**Step 4:** Mash the apples with a potato masher or puree in blender or mixer.

**Step 5:** Peel a ripe banana and mash in a bowl with a fork (Tip : You may heat the banana in the microwave oven for @20 seconds to soften)

**Step 6:** Mix applesauce to the banana and sprinkle with [wheat germ](#) or crushed [cheerios](#).

**Step 7:** Puree if necessary to make a smooth mix.

## Squash (Winter – Butternut, Acorn, Hubbard) 4 to 6 months

**Ingredients:** 1 medium sized butternut or acorn squash

### **Directions:**

**Step 1:** Cut acorn, hubbard, or butternut squash in half, and scoop out seeds.

**Step 2:** Place an inch of water in a saucepan, and place squash halves facing down.

**Step 3:** Bake the pumpkin in a 400 degree oven for 40 minutes or till the skin puckers.

**Step 4:** Blend the pumpkin “meat” into to get nice puree.

**Step 5:** Add small amount of water (if needed) to get a smooth, thin consistent paste.

**Step 6:** Alternatively you can simple boil the cut pieces (after seed removal) or steam them until tender and then prepare a puree.

### Avocado (*fruit*) 4 to 6 months

Avocado is Incredibly Nutritious, contains more Potassium than Bananas! They are loaded with Heart-Healthy Monounsaturated Fatty Acids as well as lot of fibers. Eating Avocados lowers Cholesterol and Triglyceride levels. What I mean is they are equally good for you with the baby :-)

**Vitamins:** A, C, Niacin, Folate

**Minerals:** Potassium, Phosphorus, Iron, Magnesium, Calcium

**Step 1:** Peel and take out the pit of a ripe avocado (remember you are not going to cook it!)

**Step 2:** Cut “meat” out and mash with a fork

**Step 3:** avocado are very soft, gives consistency and texture after mashing.

### Apples/Applesauce 4 to 6 months

- With Gala, Braeburn, Rome or Macs

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Magnesium, Calcium

#### **Directions:**

**Step 1:** Peel the apple, make slices.

**Step 2:** Place slices into a saucepan with water to slightly cover apple slices.

**Step 3:** Boil/steam until tender.

**Step 4:** Mash the apples with a potato masher or puree in blender or mixer.

**Tip:** Do not throw the left over water, it can be used for thinning out the apples later.

**Step 5:** Blend them well to get a smooth fine puree or just smash them using a fork!

**Step 7:** Add the reserved water as necessary to achieve a smooth, thin puree.

**Step 8:** Add cereal (if needed) to thicken up the paste.

### Plums 4 to 6-8 months

Plums contain useful amounts of vitamin C, which fortifies the baby's defenses against infection.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

**Ingredients:** Ripe plums

**Directions:**

**Step 1:** Peel and pit the plums, cut into chunks

**Step 2:** Steam until tender in a scant amount of water.

**Step 3:** Puree by fork or blender using the leftover cooking liquid.

Green Beans 4 to 6 months

The fiber content is very high, and it also provides some of the daily protein requirements!

**Vitamins:** A, C, K, Niacin, Folate

**Minerals:** Potassium, Sodium, Phosphorus, Iron, Magnesium, Calcium

**Directions:**

**Step 1:**

Fresh Beans: Snap the ends off the beans and wash the beans.

Fresh Peas: Open the pods and scrape out the peas from the pod.

**Step 2:** Steam until very tender in a scant amount of water.

**Tip:** Do not throw the left over water, it can be used for thinning out the beans.

**Step 3:** Puree using blender or mixer on fine setting or highest speed. Remember that green bean and pea skins are somewhat difficult to completely puree. In my experience blender works well than the food processor.

**Step 4:** Add the reserved water as necessary to get a smooth, thin consistency

**Step 5:** Strain through a sieve or mesh strainer to get rid of any remaining skins.

Yams/Sweet Potato 4 to 6 months

Best thing is that baby will get good amount of vitamin C. It has got more potassium than a banana. Contains Fiber, magnesium and antioxidants.

**Vitamins:** A (24,877 mg), C, Folate

**Minerals:** Potassium, Sodium, Selenium, Phosphorous, Magnesium, Calcium

**Directions:**

**Step 1:** Wash and poke holes in sweet potato with fork then wrap sweet potatoes in tin foil.

**Step 2:** Place in a 400 degree oven and bake for 30 minutes or until soft.

**Tip:** do not peel for baking/microwaving (microwave : cook for 8 minutes on high or until tender).

**OR**

**Step 1:** Peel sweet potatoes and cut into small chunks.

**Step 2:** Place chunks into a saucepan with water to slightly cover potato.

**Step 3:** Boil until tender.

**Tip:** Do not throw the left over water, it can be used for thinning out the sweet potatoes

**Step 4:** Prepare puree using blender.

**Step 5:** Add the reserved water or other liquid as necessary to achieve a smooth, thin consistency

Peaches 4 to 6-8 months

As an excellent source of the strong antioxidant vitamin C, peaches can also help combat the formation of free radicals known to cause cancer.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

**Tip:** You may steam or bake peaches; these methods work for **nectarines, plums and pears** as well.

**Directions:**

**Step 1:** Peel, pit and cut the peach into slices.

**Step 2:** Steam until soft and tender

**Step 3:** move to step #4

**Bake method**

**Step 1:** Halve the fruit and place “open” side down in a pan filled with 1 inch of water

**Step 2:** Bake at 400F until soft and tender or puckering of the skin appears.

**Step 3:** Peel skin and remove pits and/or seeds.

**Tip:** Do not throw the left over water, it can be used for thinning out the fruits

**Step 4:** Peel off the skin and prepare puree using blender.

**Step 5:** Add the reserved water as necessary to achieve a smooth, thin puree

**Step 6:** Add cereal (if needed) to thicken up.

Squash (Summer/Zucchini) 6 to 8 months

Squash is a storehouse of nutrients; it contains organically occurring vitamins and minerals. Further its good immunity Booster, anti-inflammatory, Fights infections, good for vision.

**Ingredients:** Small to medium sized yellow squash or zucchini.

**Step 1:** Choose most tender yellow squash or zucchini that are somewhat small in diameter.

**Step 2:** Wash them thoroughly and cut into small slices. No need to remove skin so as to have easy digestion for baby.

**Step 3:** Steam until tender and prepare puree in a blender.

**Step 4:** Add water as necessary to achieve a smooth, thin consistency

Carrots 6 to 8 months

Carrots are a good source of several vitamins and minerals, especially vitamin A which is good for baby's vision.

**Vitamins:** A (19,152 IU), C, Folate

**Minerals:** Potassium, Sodium, Phosphorous, Iron, Magnesium, Calcium

**Directions:**

**Step 1:** Peel carrots and cut into small pieces.

**Step 2:** Steam them in a steamer pan or boil them with just enough water until tender.

**Note:** Do not use left over water for thinning out the carrots if baby is under 8 months old as Nitrates may seep into the cooking water.

**Step 3:** Prepare puree using blender or mixer or juicer.

**Step 4:** Add water as necessary to achieve a smooth, thin consistency

Apricot Puree 6 to 8 months

**Use dried un-sulphured apricots** - Dried apricots contain over four times as many calories and *carbohydrates* but also provide a more concentrated amount of fiber, vitamin A.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Calcium

**Ingredients:**

- 1 pound dried apricots
- 2 cups of White Grape Juice, Pear Or Apple Juice.  
You may use Plain water, but the puree may be a bit bitter!

**Directions:**

**Step 1:** Boil and simmer in liquid of your choice for about 15 minutes.

**Tip:** Do not throw the left over water, it can be used for thinning out the puree.

**Step 2:** Prepare puree using blender.

**Step 3:** Add the reserved water or other liquid as necessary to achieve a smooth, thin consistency.

**Step 4:** Add cereal (if needed) to thicken up.

**Tip:** You may freeze solid if needed, it will turn slightly soft/slightly frozen cubes.

Baked Apples 6 to 8 months

**Directions:**

**Step 1:** Core apple with peel on.

**Step 2:** Place a wee bit of butter on the inside of the cored apple.  
(Plz check only if your baby is ready for dairy)

**Step 3:** Place them in a saucepan with an inch of water (just enough water to slightly cover apples)

**Step 4:** Bake in a 400-degree oven for 30 minutes or until tender.

**Step 5:** Once baked, cut the apple into little bits, by this time your baby might have started a finger food, if not then simply mash and serve.

#### Mango 6 to 8 months

Research has shown antioxidant compounds in mango fruit have been found to protect against colon, breast, leukemia and prostate cancers.

**Vitamins:** A (1262 IU in one cup), C, E, K, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium, Sodium

**Ingredients:** 1 Ripe Mango

#### **Directions:**

**Step 1:** Peel, de-seed and chunk the mango.

**Step 2:** Make puree using a blender or food processor.

**Step 3:** You may add Formula, Breast Milk, or Water until the proper consistency is achieved.

**Note:** Mango can cause loose motions, so quantity shall be limited even though the baby likes it most.

#### Papaya 6 to 8 months

Papayas contain an enzyme called papain that aids **digestion**. It has high **fiber** and water content, which prevents **constipation** and promote regularity and a healthy digestive tract.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Calcium

**Ingredients:** 1 ripe papaya

#### **Directions:**

**Step 1:** Peel, de-seed and chunk the papaya.

**Step 2:** Make puree using a blender or food processor.

**Step 3:** You may add Formula, Breast Milk, or Water until the proper consistency is achieved.

**Tip:** If you feel, gentle steaming papaya can help break down the sugars and fibers for easier digestion.

Prunes 6 to 8 months

Prunes are secrets to healthy skin. **Prunes** are a **good** source of energy, and they don't cause a rapid hike in blood sugar levels.

**Vitamins:** A, C, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

**Ingredients:** 1 small bag of dried prunes (I recommend to use unsulfured dried fruits)

**Step 1:** Soak dried prunes in warm water for half an hour until they plump up or you may steam them gently.

**Step 2:** Once plump and tender, use food processor or blender to prepare puree.

**Step 3:** Prunes tend to become a pasty gluey consistency hence you may add water as needed.

Garden Vegetable Combo 6 to 8 months

**Tip :** Experiment this once your baby have tried each of the contained vegetables. Remember you need to wait 4 days before you try different vegetable.

**Ingredients:** Green Beans, Summer Squash, Peas and Carrots

**Directions:**

**Step 1:** Combine fresh green beans and peas, summer and/or zucchini squash and small pieces of carrots.

**Step 2:** Cook until tender by adding just enough water to cover the vegetables.

**Step 3:** Puree vegetables using blender or food processor,

**Step 4:** Add reserved water from the vegetables to get desired consistency to the puree.

Peas 6 to 8 months

**Vitamins:** A (4533 IU), C, Niacin, Folate

**Minerals:** Potassium, Sodium, Selenium, Phosphorous, Iron, Magnesium, Calcium, Zinc

## Directions:

**Step 1:** Open the Fresh Peas pods and scrape out the peas from the pod.

**Step 2:** Steam until very tender.

**Tip:** Do not throw the left over water, it can be used for thinning out the fruits

**Step 3:** Puree using blender or mixer on fine setting or highest speed. Remember that green bean and pea skins are somewhat difficult to completely puree. In my experience blender works well than the food processor.

**Step 4:** Add the reserved water as necessary to achieve a smooth, thin puree

**Step 5:** Finally push the peas (or green beans) through a sieve or mesh strainer to remove remaining skins & get fine puree.



## Homemade Baby Food Recipes - [Stage 2](#) - Cereals

So lets begin with recipes from my mothers desk for your baby 8-10 months old, continue it till she celebrates her first birthday.

[Cream of Grain Cereal 8 to 10 months](#)

These whole-grain cereals are a smart pack of protein and fiber for your baby's healthy diet.

**Estimated time :** 30 minutes

**Ingredients:**

- 1/4 c. freshly ground brown rice or millet.
- Cinnamon
- Pure vanilla (extract)
- 1 c. Almond milk, sweetened (**Note: use plain water for infants**)
- 1/4 c. raisins (Optional, check if baby likes it)

**Note 1:** You can prepare brown rice powder at home by grinding in blender or food processor.

**Note 2:** You may like to add natural honey or molasses after 12 months age completion.

**Directions:**

**Step 1:** Mix almond milk or water with ground grain and raisins in a saucepan. (**Note: use plain water for infants**)

**Step 2:** While stirring constantly bring the mixture to the boiling point, the grain flour will become thick by absorbing the liquid.

**Step 3:** Cover the saucepan, turn burner down to low and simmer for 20-30 minutes.

**Suggestion to bring flavors:** You can add some sliced bananas, strawberries, blueberries, peaches and/or nut milk (Do not forget to consult your pediatrician before using the nut milk).

Rice Breakfast Pudding 8 to 10 months

Rice pudding is my most favorite, grandma used to make it so tasty and yummy. Now that she is no more, I am presenting this recipe on her behalf for your baby :-)

**Ingredients:**

- 1/2 cup (Brown/or Jasmine) Rice
- 2 cups of Water
- 1/4 cup small sliced Apples
- 1/4 cup Raisins (Optional)
- 1/8 cup Brown Sugar (Optional)
- 2 tsp Cinnamon
- 1/2 tsp Ginger

**Note :** You can prepare brown rice barley size powder at home by grinding in blender or food processor.

**Directions:**

**Step 1:** Mix all of the above ingredients in a saucepan.

**Step 2:** Cook over medium-low heat for about 30 minutes until rice is soft, and a bit soupy. You will get typical fragrance indicating it is cooked nicely.

**Step 3:** Now add 1/8 cup milk into the rice and stir while heating for 10 more minutes.

**Step 4:** Constant stirring will avoid formation of lumps as well as it will not stick to the saucepan. Topup more milk or water as necessary.

**Step 5:** Serve warm to baby and consume remaining yourself or transfer to the fridge.

Pastina and Bananas 8 to 10 months

Pastina is really an old family classic that your baby will love for sure! Minestrina or Pastina is an Italian classic comfort food with a delicious bowl of something hot and light...

**Ingredients:**

- 2 tablespoons Prince Pastina
- 1 whole fresh banana)

**Directions:**

**Step 1:** Prepare pastina as directed for hot cereal. Do not add milk. Stir in banana and serve.

**Step 2:** Add formula or breast milk as desired (1 serving)

**Note:** Pastina is little tiny star shaped pastas which are wheat based. Since you are **introducing wheat to the baby I strongly recommend consulting your baby's pediatrician since your infant may have reactions to rice, oats or barley**

## Homemade Baby Food Recipes – Stage 2 - Fruits

Fruity Combos

Fruit combo packs will not only suit your baby's taste, but also cleanse toxins, providing an ultimate nutrition, regulating metabolism hence protecting the baby from chronic diseases.

So these Fruit Flavor Combinations, encourage you to create own recipes by learning about flavors, here I have jotted down my own experimentation ...

You may like to mix these fruit combos into Yogurt or Cereal or just mix raw as the baby likes. If needed you may cok them slightly (without loosing much flavor and taste)

Below is the list of fruits that you can use to create tasty combo for your baby.

- Apples and Carrots
- Apples and Pears
- Apples and Plums
- Apples and Blueberries
- Peachy Sweet Potatoes
- Pears and Bananas
- Peaches and Bananas
- Bananas and Blueberries
- Bananas, Blueberries and Pears
- Blueberry, Apple, and Pear Sauce
- Avocado, Peaches and Cream Cheese
- Pears, Peaches and Apples

**Tip :** Try baking the fruits, in this way they will remain naturally sweet, soft and better for baby digestion system still maintaining the yummy factor.

Blueberries 8 to 10 months

Blueberries are high in nutrients, and called as the King of Antioxidant Foods, They reduce DNA damage, which may help protect against ageing and cancer.

**Vitamins:** A, C, K, Folate

**Minerals:** Potassium, Sodium, Phosphorus, Iron, Magnesium, Calcium

**Ingredients:**

- 1/2 pint of Blueberries (I prefer fresh, but if not available you may go for frozen)
- 1/2 c. Water

**Directions:**

**Step 1:** Bring water to a boil in a saucepan, add Blueberries and simmer for 15 minutes until soft.

**Tip:** Do not throw the left over water, it can be used for thinning out the blueberries.

**Step 2:** You may use a slotted spoon to pick soft blueberries, and make puree in blender.

**Step 3:** Add some of the reserved liquid to blueberries (as needed) OR add cereal (if needed) to thicken up

## Blueberry Banana Yogurt 8 to 10 months

### **Ingredients:**

- 1 cup Blueberries
- 1 whole Banana
- 1 cup plain Yogurt
- 2 tablespoons Wheat Germ

### **Directions:**

**Step 1:** Use 1 cup of your already prepared blueberry puree **OR** Microwave Blueberries for about 30 seconds to make them juicy.

**Step 2:** Blend the banana, yogurt and blueberries to get a smooth puree.

## Kiwi 8-10 months

Kiwis helps maintaining healthy skin tone and texture, reduces blood pressure, and prevents heart disease and stroke.

**Vitamins:** A, C, K, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

### **Directions:**

**Step 1:** Peel ripe Kiwi

**Step 2:** Puree in blender or simply mash with a fork – add cereal (if needed) to thicken.

**Step 3:** Kiwi does not need to be cooked and it should not need to be de-seeded to achieve a smooth, thin consistency.

**Note 1:** Kiwi is typically introduced at an age where baby can tolerate raw fruits and a bit of texture. So take it when the baby has already started consuming other raw fruits.

**Note 2:** Kiwi is high in Vitamin C and **acidic**, hence consult your baby's pediatrician before introducing. Best is to take it after one month of starting of other fruits.

## Melons (Cantaloupe, Honeydew, Watermelon) 8 to 10 months

Melons are best for Skin and Hair. They provide necessary vitamins for the growth of all bodily tissues, including skin and hair.

**Vitamins:** A, C, K, Folate

**Minerals:** Potassium, Phosphorus, Magnesium, Calcium

**Directions:**

**Step 1:** 1/4 cup sliced, soft, seedless melon, rind removed.

**Step 2:** Puree in blender or simply mash with a fork – – add cereal (if needed) to thicken.

**Note:** Melons are soft in nature and need not be cooked, however you may like to steam them to tender. You will be anyway introducing fruits under pediatrician guidance and when you know the baby is ready for raw fruits.

**So I hope this simple list of Homemade Baby Food Recipes guide from my mothers desk will help you.**



From the desk of Olivia

I learned about Stage 1 and Stage 2 food for my baby from my mother and documented it for you.

As per suggestion from my parents I started solids slightly early for my baby, at age of 4 months which worked perfectly fine. I did consult my baby's pediatrician before doing so.

With my experience, Judgement at each stage and noting down what the baby eats and reacts found to be very important for my baby's growth. My baby's pediatrician really appreciated this.

Remember that you need to put in your best to make the journey to solids yummy and memorable to your baby, this is most important phase of life where the baby is going to develop taste of life. If you put in efforts in right direction, throughout life she will eat all the healthy food with cultivation from the age of 4 months.

My mothers recipes are simple, homemade without any ready-made food. However in case you do not have time to spend on, there are many high-quality, reusable pouches available you may try them.

Well let me know which of these recipes you tried for your baby, simply put in comments.

**With warm love to your baby from Olivia.**

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