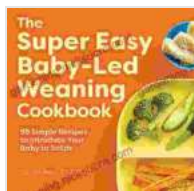


55 Simple Recipes to Introduce Your Baby to Solids



The Super Easy Baby Led Weaning Cookbook: 55 Simple Recipes to Introduce Your Baby to Solids

by Tok-Hui Yeap RD CSP LD

★★★★☆ 4.5 out of 5

Language : English
File size : 8072 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 126 pages
Lending : Enabled
Screen Reader : Supported



Introducing solids to your baby is an exciting milestone, but it can also be a little daunting. That's why we've put together 55 simple recipes that are perfect for first-time eaters.

These recipes are all easy to make and use simple ingredients that you probably already have on hand. They're also all pureed or mashed, so they're easy for your baby to eat.

We've included a variety of recipes, so you can find something that your baby will love. There are sweet recipes, savory recipes, and even some that are both sweet and savory. There are also recipes for both purees and

finger foods, so you can start your baby on solids in whatever way you feel most comfortable.

We hope you enjoy these recipes as much as we do! And don't forget to check back often, as we'll be adding new recipes all the time.

Purees

- Apple Puree
- Banana Puree
- Avocado Puree
- Sweet Potato Puree
- Carrot Puree
- Pea Puree
- Green Bean Puree
- Spinach Puree
- Broccoli Puree
- Cauliflower Puree
- Butternut Squash Puree
- Pumpkin Puree
- Pear Puree
- Peach Puree
- Mango Puree
- Blueberry Puree

- Raspberry Puree
- Strawberry Puree

Finger Foods

- Banana Bites
- Apple Slices
- Avocado Toast
- Sweet Potato Fries
- Carrot Sticks
- Pea Pods
- Green Bean Sticks
- Spinach Muffins
- Broccoli Florets
- Cauliflower Florets
- Butternut Squash Cubes
- Pumpkin Cubes
- Pear Slices
- Peach Slices
- Mango Cubes
- Blueberry Muffins
- Raspberry Muffins

- Strawberry Muffins

Sweet and Savory Recipes

- Apple Cinnamon Oatmeal
- Banana Nut Butter
- Avocado and Egg Salad
- Sweet Potato and Black Bean Puree
- Carrot and Apple Puree
- Pea and Mint Puree
- Green Bean and Cheese Puree
- Spinach and Ricotta Puree
- Broccoli and Cheddar Puree
- Cauliflower and Parmesan Puree
- Butternut Squash and Apple Puree
- Pumpkin and Pie Spice Puree
- Pear and Ginger Puree
- Peach and Blueberry Puree
- Mango and Coconut Puree
- Blueberry and Banana Pancakes
- Raspberry and Oatmeal Squares
- Strawberry and Cream Cheese Muffins

- Apple and Sweet Potato Waffles

Recipes

Apple Puree

Ingredients:

- 1 apple, peeled, cored, and quartered
- 1/4 cup water

Instructions:

1. Place the apple and water in a small saucepan.
2. Bring to a boil over medium heat.
3. Reduce heat to low and simmer for 10 minutes, or until the apple is soft.
4. Remove from heat and let cool slightly.
5. Puree the apple in a blender or food processor until smooth.

Banana Puree

Ingredients:

- 1 banana, peeled

Instructions:

1. Mash the banana with a fork or spoon until smooth.
2. You can also puree the banana in a blender or food processor.

Avocado Puree

Ingredients:

- 1 avocado, peeled, pitted, and mashed

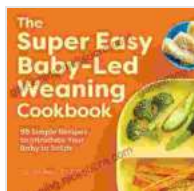
Instructions:

1. Mash the avocado with a fork or spoon until smooth.
2. You can also puree the avocado in a blender or food processor.

Sweet Potato Puree

Ingredients:

- 1 sweet potato,



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