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complete
one step baby food maker

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**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 Complete 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 Complete easy, satisfying and fun. Please visit www.babybrezza.com 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. The American Academy of Pediatrics 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 you!

Quick Reference Chart

Age	Cereal	Fruits	Vegetables	Protein	Dairy
First Foods	Rice, Barley, Oats	Apples, Avocados, Bananas, Pears	Sweet Potatoes, Squash, Green Beans	Not recommended	Not recommended
6 to 8 months	As Above	As Above Plus: Apricots, Avocados, Mangoes, Peaches, Plums, Prunes, Pumpkin	As Above Plus: Carrots, Peas, Zucchini	Chicken, Turkey, Tofu	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: Cherries, Citrus	As Above Plus: Artichokes, Beets, Corn, Cucumbers, Spinach, Tomatoes	As Above Plus: Eggs (12 months), 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	1/4" Dice	15	3/4 Cup
Blueberries ¹	1 3/4 Cups	Whole	10	1 Cup
Mango ¹	1 Large	1/4" Dice	15	1 Cup
Peaches ¹	2 Small	1/4" Dice	15	3/4 Cup
Pears ¹	2 Small	1/4" Dice	10	1 Cup
Plums ¹	3 Plums	1/4" Dice	15	1 1/2 Cup
Prunes ²	10 oz. (Approx 32 prunes)	Whole	20	1 Cup
VEGETABLES				
Broccoli ²	1 Large Stalk	1" Florettes	15	3/4 Cup
Butternut Squash	1/3 Squash	1/4" Dice	20	3/4 Cup
Carrot	2 Medium	1/4" Sliced	25	1/2 Cup
Potato ^{2,3}	2 Medium	1/4" Dice	20	1 Cup
String Beans (Fresh)	8oz. (1 3/4 Cups)	1/2" Cuts	20	1 Cup
String Beans (Frozen)	8oz. (1 3/4 Cups)	1/2" Dice	20	1 Cup
Sweet Peas (Frozen)	10 oz. (2 cups)	Whole	20	1 Cup
Sweet Potato ²	2 Small or 1 Medium	1/4" Dice	25	1 1/2 Cup
Zucchini ¹	1 Medium	1/4" Dice	15	1/2 Cup
MEAT				
Ground Chicken ⁴	8 oz. (1 cup)	N/A	25	3/4 Cup
Ground Lamb ⁴	8 oz. (1 cup)	N/A	25	3/4 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 Steam & Blend 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 "blend" to puree for additional time. **CAUTION: Always check for any large, unblended chunks of food before serving baby.**
6. Enjoy! You can also store your food in the refrigerator or freezer for later use.

Cooking Tips

- Cut ingredients to approximately 1/4 - 1/2 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 1/2 -3/4 cup 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 degrees. Always make sure meat is cooked through before serving.

Sweet Potato and Banana Puree

Yield: approximately 1 1/2 cups

Ingredients

- 1 medium sweet potato, peeled and cut into 1/4-inch dice.
- 1/2 small banana, peeled and sliced into 1/4-inch pieces.

Method

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

Optional Flavoring*

1. Stir in: Ground cinnamon or ground nutmeg to taste.
2. Stir in: 1/2 cup of water, breast milk or formula to thin.



6
months
& up

Turkey and Prune Puree

Yield: approximately 1 3/4 cups

Ingredients

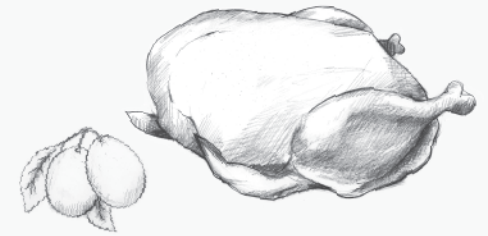
- 1 1/2 cup raw ground turkey
- 10 prunes

Method

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

Optional Flavorings*

1. Steam with: A pinch of dried thyme or oregano.
2. Blend in: 1/4 cup cooked brown rice, millet or barley.
3. Blend in: 1 teaspoon finely chopped parsley or chives.
4. Blend in: 1 tablespoon sautéed onions (8 months and up).
5. Stir in: 1/4 - 1/2 cup plain yogurt in place of water, breast milk or formula.
6. Stir in: Water, breast milk or formula.



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Squash and String Bean Puree

Yield: approximately 1 cup

Ingredients

- 1/3 small butternut squash, peeled and cut into 1/4-inch dice.
- 3 ounces string beans cut into 1/2-inch pieces.

Method

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

Optional Flavorings*

1. Blend in: 1/2 to 1 teaspoon chopped fresh dill.
2. Blend in: 1 teaspoon olive oil.
3. Stir in: Water, breast milk or formula.



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Sweet Potato and Apricot Puree

Yield: approximately 1 1/4 cups

Ingredients

- 2 small sweet potatoes, peeled and cut into 1/4-inch dice.
- 1-2 dried apricots.

Method

1. Place sweet potatoes and apricots in machine and set "steam+ blend" for 20 minutes.
3. Add 1/4 cup water, breast milk or formula, and blend for additional 30-60 seconds.



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

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Carrot and Pear Puree

Yield: approximately 1 cup

Ingredients

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

Method

1. Place carrots and pears in machine and set "steam + blend" 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.



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Apple and Prune Puree

Yield: approximately 3/4 cups

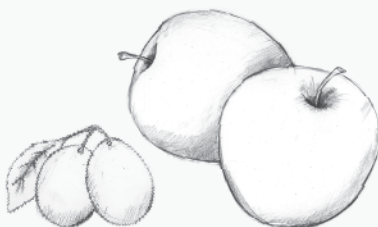
Ingredients

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

Method

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

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Greens and Potatoes

Yield: approximately 1 1/4 cups

Ingredients

- 1/2 cup frozen peas (thawed)
- 1/2 cup green beans, cut into pieces
- 3/4 cup diced white potato (about 1 medium or ½ large potato)

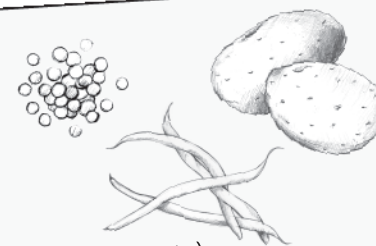
Method

1. Place peas, green beans and potatoes in machine.
2. Set "steam + blend" for 20 minutes.
3. For younger babies, add approximately 3 ounces of water and blend 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. Blend in: 1 tablespoon finely chopped sautéed onion.

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Fruity Sweet Potatoes

Yield: approximately 1 1/2 cups

Ingredients

- 1 medium sweet potato, peeled and cut into ¼ inch dice
- 1/2 cup diced mango
- 3 Tbsp prune juice

Method

1. Place sweet potatoes and mangoes in machine and set "steam + blend" for 20 minutes.
2. Add 3 tablespoons of prune juice and blend or stir to desired consistency.



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Squash and Peaches

Recipe Adapted from WholesomeBabyFood.com
Yield: Approximately 1 1/2 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 "steam + blend" for 25 minutes.
2. Stir in a drip of maple syrup.

Optional Flavorings*

1. Replace squash with sweet potato.



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Parsnip and Pear Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1 large parsnip, peeled and cut into 1/4-inch dice.
- 1/2 ripe pear, peeled and cut into 1/4-inch dice.

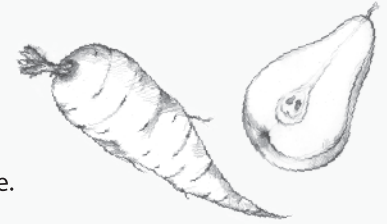
Method

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

Optional Flavorings*

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

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Asparagus and Broccoli Puree

Yield: approximately 1 1/4 cups

Ingredients

- 6 asparagus stalks (excluding tips), cut into 1/4 inch pieces
- 1 large or 2 medium broccoli stalks and florets, roughly chopped

Method

1. Place asparagus and broccoli in machine and set "steam + blend" for 25 minutes.
2. Blend additional 30 seconds if thinner consistency is desired.

Optional Flavorings*

1. Stir in : 1/4 cup plain yogurt, water, breast milk, formula or chicken broth for thinner consistency

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months
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Sweet Potato, Parsnip, Apple and Cinnamon Puree

Yield: approximately 1 1/4 cups

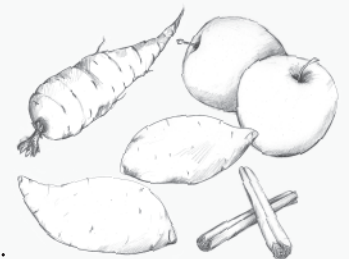
Ingredients

- 1/2 parsnip, peeled and cut into 1/4-inch dice.
- 1 small sweet potato, peeled and cut into 1/4-inch dice.
- 1/2 apple, peeled and cut into 1/4-inch dice.
- 2 pinches ground cinnamon, or to taste

Method

1. Place sweet potato, parsnip, apple and cinnamon in machine and set "steam + blend" for 20 minutes.
2. Blend additional 30 seconds if desired.

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Lamb and Barley Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1 cup (5.5 ounces) raw ground lamb
- 1/2 cup cooked barley
- 2 teaspoons chopped parsley



Method

1. Place lamb, barley and parsley in machine and steam 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. Steam in: 2 prunes.
2. Blend in: 2 tablespoons sautéed onions.
3. Blend in: 3 tablespoons cooked broccoli.
4. Stir in: 1/4 - 1/2 cup plain yogurt.
5. Stir in: Water, breast milk or formula.

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Chicken, Brown Rice, Broccoli and Sesame Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1/2 cup (4 ounces) raw ground chicken
- 1 cup (3 ounces) broccoli florettes
- 1/2 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 steam 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: 1/4 - 1/2 cup plain yogurt.
2. Stir in: Water, breast milk or formula.

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Millet, Lamb, Sweet Pea and Mint Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1/2 cup (4.5 ounces) raw ground lamb
- 1 cup (5 ounces) frozen peas (thawed)
- 1/4 cup (1 ounce) cooked millet
- 1 tablespoon chopped mint*
- 1/2 cup plain yogurt*



Method

1. Place lamb and peas in machine and steam for 25 minutes.
2. Add millet, yogurt and mint and puree to smooth (45-60 seconds).
(You may need to break apart pieces of lamb that stick together during steaming.)

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Squash, Corn, Turkey and Apricot Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1/3 small butternut squash, peeled and cut into 1/4-inch dice (2 cups)
- 1/3 cup (3 ounces) raw ground turkey
- 1/4 cup frozen or fresh corn kernels
- 2 dried apricots



Method

1. Place squash, corn and apricots in machine with turkey on top and steam 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. Steam in: 1/4 teaspoon minced fresh sage.
2. Stir in: 1/4 - 1/2 cup plain yogurt.
3. Stir in: Water, breast milk or formula.

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Potato, Carrot and Corn Puree

Yield: approximately 1 1/2 cups before adding yogurt

Ingredients

- 1 medium russet potato, peeled and cut into 1/4-inch dice
- 1/2 medium carrot, peeled and cut into 1/4-inch dice
- 1/2 cup frozen corn niblets
- 1/2 teaspoon chives*
- 1/2 cup plain yogurt* (optional)



Method

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

**10
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Creamy Quinoa and Coconut Cod

Recipe Adapted from WholesomeBabyFood.com

Yield: Approximately 1 1/4 cups

Ingredients

- 1/2 cup cooked quinoa
- 1/2 cup (about 3 oz) fresh cod, cut into small pieces
- Pinch of parsley or cardamom
- 2 Tbsp coconut milk or coconut water
- 1/2 cup whole milk yogurt (optional)



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& up**

Method

1. Place cod in machine and steam for 20 minutes.
2. Add quinoa, parsley or cardamom and coconut milk or coconut water and blend for 30 - 60 seconds or to desired consistency.
3. (Optional) Stir in yogurt.

Zucchini, Tomato, Avocado and Basil Puree

Yield: approximately 1 1/4 cups

Ingredients

- 1/2 medium zucchini cut into 1/4-inch dice
- 1 large beefsteak tomato, cut into 1/2-inch wedges
- 1/2 avocado, sliced*
- 1 tablespoon chopped fresh basil*



Method

1. Place zucchini and tomato in machine and steam 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.

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Drink Your Greens

Recipe Adapted from WholesomeBabyFood.com

Yield: Approximately 2 1/4 cups before adding yogurt

Ingredients

- 1/2 cup fresh baby spinach, packed tightly
- 1 ripe pear, diced
- 1/2 cup diced melon
- Drip of vanilla
- 1 cup whole milk yogurt



Method

1. Place spinach, pear and melon in machine and set "steam + blend" for 10 minutes.
2. Stir in a drip of vanilla.
3. (Optional) Stir in yogurt and blend additional 30 seconds.

**10
months
& up**

Notes

1. Practice cup skills! This recipe makes a great drink for older babies! Put in a sippy cup or a cup with a straw for a delicious first drink.