

Homemade Organic Vegan Baby Food Guidebook

~Ms. Cowdrey

Stage 1 (Single-Ingredient Purées — 4–6 months)

1. Organic Carrot Purée

- *Ingredients:* 2 organic carrots
- *Method:* Peel, chop, steam until soft. Blend with water or breast milk until smooth.
- *Storage:* 3 days in fridge, 2 months frozen.

2. Organic Sweet Potato Purée

- *Ingredients:* 1 small organic sweet potato
- *Method:* Bake or steam until tender, scoop flesh, blend until smooth.
- *Storage:* 3 days in fridge, 2 months frozen.

3. Organic Butternut Squash Purée

- *Ingredients:* 1 cup organic butternut squash cubes
- *Method:* Steam until soft, blend until smooth.
- *Storage:* 3 days in fridge, 2 months frozen.

4. Organic Green Pea Purée

- *Ingredients:* 1 cup organic peas
- *Method:* Steam, then blend with a splash of water until smooth.
- *Storage:* 3 days in fridge, 2 months frozen.

5. Organic Zucchini Purée

- *Ingredients:* 1 organic zucchini
- *Method:* Steam until tender, blend into a smooth purée.
- *Storage:* 3 days in fridge, 2 months frozen.

6. Organic Apple Purée

- *Ingredients:* 1 organic apple (peeled, cored)
- *Method:* Steam or simmer until soft, blend until smooth.

- *Storage*: 3 days in fridge, 2 months frozen.

7. Organic Pear Purée

- *Ingredients*: 1 organic pear (peeled, cored)
- *Method*: Steam until soft, blend.
- *Storage*: 3 days in fridge, 2 months frozen.

8. Organic Banana Mash

- *Ingredients*: 1 ripe organic banana
- *Method*: Mash with a fork until smooth. No cooking needed.
- *Storage*: Best fresh; 1 day in fridge.

9. Organic Avocado Mash

- *Ingredients*: ½ ripe organic avocado
- *Method*: Mash with fork until smooth.
- *Storage*: Best fresh; 1 day in fridge (may brown).

10. Organic Pumpkin Purée

- *Ingredients*: 1 cup organic pumpkin
- *Method*: Steam or bake pumpkin, scoop flesh, blend until smooth.
- *Storage*: 3 days in fridge, 2 months frozen.



Stage 2 (Two-Ingredient Blends — 6–8 months)

11. Carrot + Apple Purée

- Steam carrots and apple, blend until smooth.

12. Sweet Potato + Pear Purée

- Steam sweet potato and pear, blend until smooth.

13. Banana + Avocado Mash

- Mash ripe banana + avocado together with fork.

14. Zucchini + Pea Purée

- Steam zucchini + peas, blend smooth.

15. Apple + Pumpkin Purée

- Steam apple + pumpkin, blend smooth.

16. Pear + Oatmeal Mash

- Cook oats in water, stir in pear purée, mash together.

17. Avocado + Mango Purée

- Mash avocado with ripe mango until creamy.

18. Sweet Potato + Lentil Purée

- Cook red lentils until soft, blend with sweet potato.

19. Butternut Squash + Apple Purée

- Steam both, blend smooth.

20. Carrot + Quinoa Purée

- Cook quinoa, steam carrot, blend together.
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Stage 3 (More Variety & Protein — 8–10 months)

21. Broccoli + Pea Purée

- Steam broccoli + peas, blend until smooth.

22. Sweet Potato + Chickpea Purée

- Cook chickpeas until soft, blend with roasted sweet potato.

23. Lentil + Carrot Purée

- Simmer red lentils + carrots until tender, blend.

24. Quinoa + Pumpkin Purée

- Cook quinoa, steam pumpkin, blend smooth.

25. Spinach + Apple Purée

- Steam spinach lightly, blend with apple purée.

26. Blueberry + Banana Mash

- Mash ripe banana with blueberries.

27. Brown Rice + Zucchini Purée

- Cook rice, steam zucchini, blend smooth.

28. Millet + Pear Purée

- Cook millet until very soft, blend with pear.

29. Cauliflower + Potato Purée

- Steam cauliflower + potato, blend until smooth.

30. Mango + Oat Purée

- Cook oats, stir in ripe mango purée.
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Stage 4 (Textured Blends — 10–12 months)

31. Chickpea + Sweet Corn Mash

- Cook chickpeas + corn, mash gently with fork.

32. Lentil + Rice + Veggie Blend

- Cook lentils + rice, mix with steamed veggies, mash lightly.

33. Broccoli + Quinoa + Apple Purée

- Blend lightly for texture.

34. Butternut Squash + Millet Mash

- Mash together, leaving a few soft chunks.

35. Banana + Strawberry Mash

- Mash ripe banana + soft strawberries.

36. Oats + Blueberries + Flaxseed Purée

- Cook oats, stir in blueberries + finely ground flaxseed.

37. Spinach + Potato + Pea Purée

- Blend spinach + potato + peas, keep slightly textured.

38. Apple + Carrot + Beet Purée

- Steam all until soft, blend smooth.

39. Mango + Coconut Rice Purée

- Cook rice in coconut milk, stir in mango purée.

40. Avocado + Chickpea Mash with Lemon

- Mash avocado + chickpeas with a *tiny squeeze* of lemon for freshness.



Tips for all recipes:

- Always let food cool before serving.
- Use organic produce where possible.
- No added salt, sugar, or seasonings.

