

SPRING SEASON



FIRST FOODS BABY FOOD MENU

(6-9 MONTHS)

FEATURING THESE
DELICIOUS BLENDS

AVOCADO BANANA RICE
DRIED APRICOT PUREE
POTATO, CARROT + CORN
ROOT VEGGIE TRIO
TASTY CHICKEN + RICE
AND MORE!





Welcome to your Once a Month Meals First Foods (6 - 9 months) Baby Food menu!

On our First Foods menu, you will start to see the plain purees mixed with new flavors as baby advances closer to table food. These recipes may refer to using formula at times but if you are breastfeeding, feel free to use breast milk in place of the formula.

Using this menu from OAMM, you can fill your freezer for the weeks ahead by making your own baby food. Best of all, we've done most of the work for you!

This menu will provide you with breakfast, lunch and dinner recipes 20 cubes each. Each cube should be approximately 1 ounce (for reference, the typical baby food jar contains 2 ounces).

What exactly is included in this menu?

- Organized Grocery List
- Recipe Cards
- Prep Instructions
- Step by Step Cooking Day Instructions
- Thaw Sheet
- Labels

If you need additional information on getting started we invite you to visit these engaging resources to assist you in your baby food freezer cooking adventures! Also, don't hesitate to engage us on our various social media outlets. We love to get to know and walk alongside our readers.

***Most pediatricians recommend starting one new food at a time and waiting 3 days before another in order to watch for allergies. Please check with your child's doctor before starting baby on solids. Our menus are meant as a support system and not as medical advice. ***



Additional Helpful Resources:



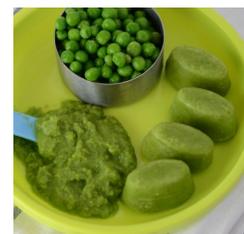
Baby Intro



Prepping & Storing



Equipment



Recipes



Shopping List

| Item | Amount | Measure | Store | Notes |
|---|--------|--------------|-------|-------|
| Baking items | | | | |
| <input type="checkbox"/> brown sugar | 0.89 | ounces | | |
| <input type="checkbox"/> olive oil | 0.67 | fluid ounces | | |
| Canned goods | | | | |
| <input type="checkbox"/> applesauce | 4 | ounces | | |
| <input type="checkbox"/> cannellini (white) beans, canned | 33.33 | ounces | | |
| <input type="checkbox"/> vegetable broth/stock | 40 | fluid ounces | | |
| Dairy | | | | |
| <input type="checkbox"/> butter, unsalted | 4.50 | ounces | | |
| <input type="checkbox"/> cheddar cheese, shredded | 4.50 | ounces | | |
| Frozen | | | | |
| <input type="checkbox"/> corn, frozen | 2.38 | ounces | | |
| <input type="checkbox"/> peas, frozen | 11.90 | ounces | | |
| Grain | | | | |
| <input type="checkbox"/> brown rice, long-grain | 5.81 | ounces | | |
| Juice | | | | |
| <input type="checkbox"/> apple juice | 81.50 | fluid ounces | | |
| Meat | | | | |
| <input type="checkbox"/> beef sirloin | 1 | pound | | |
| | 0.40 | pounds | | |

| | | | | |
|---|------|--------|--|--|
| <input type="checkbox"/> chicken, boneless breasts | 0.40 | pounds | | |
| <input type="checkbox"/> chicken, thighs, boneless/skinless | 1 | pound | | |

Other

| | | | | |
|---|-------|--------------|--|--|
| <input type="checkbox"/> apricot, dried | 31.25 | ounces | | |
| <input type="checkbox"/> infant formula, powder | 0.33 | ounces | | |
| <input type="checkbox"/> lentils, red | 2.36 | ounces | | |
| <input type="checkbox"/> water | 3.50 | fluid ounces | | |

Produce

| | | | | |
|--|------|--------|--|--|
| <input type="checkbox"/> apple | 9 | medium | | |
| <input type="checkbox"/> avocado | 1 | medium | | |
| <input type="checkbox"/> banana | 5 | medium | | |
| <input type="checkbox"/> basil, fresh | 1 | bunch | | |
| <input type="checkbox"/> blueberries | 4.76 | ounces | | |
| <input type="checkbox"/> broccoli | 1 | head | | |
| <input type="checkbox"/> carrot | 18 | medium | | |
| <input type="checkbox"/> cauliflower | 1 | head | | |
| <input type="checkbox"/> celery | 1 | rib | | |
| <input type="checkbox"/> leek | 0.25 | pounds | | |
| <input type="checkbox"/> mint, fresh | 1 | bunch | | |
| <input type="checkbox"/> onion | 1 | medium | | |
| <input type="checkbox"/> onion, yellow | 1 | medium | | |
| <input type="checkbox"/> parsnip | 0.25 | pounds | | |
| <input type="checkbox"/> peach | 2 | medium | | |
| <input type="checkbox"/> pear | 2 | medium | | |
| <input type="checkbox"/> red bell pepper | 1 | medium | | |
| <input type="checkbox"/> rosemary, fresh | 1 | bunch | | |

| | | | | |
|--|---|--------|--|--|
| <input type="checkbox"/> russet potato | 4 | medium | | |
| <input type="checkbox"/> squash, butternut | 1 | medium | | |
| <input type="checkbox"/> sweet potato | 3 | medium | | |
| <input type="checkbox"/> tomato | 4 | medium | | |

Spices

| | | | | |
|---------------------------------------|------|--------|--|--|
| <input type="checkbox"/> bay leaf | 1 | whole | | |
| <input type="checkbox"/> black pepper | 0.04 | ounces | | |
| <input type="checkbox"/> cinnamon | 0.07 | ounces | | |
| <input type="checkbox"/> nutmeg | 0.01 | ounces | | |
| <input type="checkbox"/> salt | 0.04 | ounces | | |
| <input type="checkbox"/> thyme, dried | 0.01 | ounces | | |

Containers

| | | | | |
|---|----|--|--|--|
| <input type="checkbox"/> gallon freezer bag | 30 | | | |
|---|----|--|--|--|

Supplies

| | | | | |
|---|------|--|--|--|
| <input type="checkbox"/> plastic wrap | | | | |
| <input type="checkbox"/> cooking spray | | | | |
| <input type="checkbox"/> muffin tin | | | | |
| <input type="checkbox"/> ice cube trays | 17.5 | | | |



Prep Instructions

Your Recipe Cards and Cooking Day Instructions assume that you have completed the below tasks before you start your cooking day.

| To-Do Night Before | Amount | Measure | Instructions |
|------------------------|--------|---------|--|
| Brown Rice, Long-Grain | 5.81 | ounces | Prepare according to package directions. |
| Infant Formula, Powder | 0.33 | ounces | Prepare according to package directions. |

| Chopping List | Amount Bought | Measure | Approx. Prep Amount | Prep Measure | Ingredient |
|---------------------------|---------------|---------|---------------------|--------------|--------------------------------|
| Apple | 9 | medium | 6.25 | cups | peel and dice Apple |
| Apricot, Dried | 31.25 | ounces | 5 | cups | dice Apricot, Dried |
| Avocado | 1 | medium | 0.50 | cups | peel, pit, and mash Avocado |
| Banana | 2 | medium | 0.50 | cups | peel and mash Banana |
| Banana | 3 | medium | 2 | cups | peel and slice Banana |
| Carrot | 15 | medium | 7.25 | cups | dice Carrot |
| Carrot | 3 | medium | 2 | cups | slice Carrot |
| Cauliflower | 1 | head | 2 | cups | dice Cauliflower |
| Celery | 1 | rib | 0.13 | cups | dice Celery |
| Chicken, Boneless Breasts | 0.40 | pounds | 1 | cup | dice Chicken, Boneless Breasts |
| Leek | 0.25 | pounds | 0.50 | cups | slice Leek |
| Mint, Fresh | 1 | bunch | 1.25 | tablespoons | chop Mint, Fresh |
| Onion | 1 | medium | 0.50 | cups | dice Onion |
| Onion, Yellow | 1 | medium | 0.50 | cups | dice Onion, Yellow |
| Parsnip | 0.25 | pounds | 0.50 | cups | dice Parsnip |
| Peach | 2 | medium | 1.33 | cups | peel and dice Peach |
| Pear | 2 | medium | 1 | cup | peel and dice Pear |
| Red Bell Pepper | 1 | medium | 0.38 | cups | dice Red Bell Pepper |
| Rosemary, Fresh | 1 | bunch | 0.25 | teaspoons | chop Rosemary, Fresh |
| Russet Potato | 3 | medium | 1.75 | cups | peel and dice Russet Potato |

| | | | | | |
|-------------------|---|--------|------|------|----------------------------------|
| Russet Potato | 2 | medium | 1 | cup | dice Russet Potato |
| Squash, Butternut | 1 | medium | 1.50 | cups | peel and chunk Squash, Butternut |
| Sweet Potato | 2 | medium | 0.75 | cups | peel and dice Sweet Potato |
| Sweet Potato | 2 | medium | 1 | cup | dice Sweet Potato |
| Tomato | 4 | medium | 4 | cups | dice Tomato |



Cooking Day Instructions

| Menu Description | | Menu Notes |
|------------------|--------------------|--|
| Step 1 | Slow Cook | Crockpot Butternut Squash Applesauce: Place all ingredients in slow cooker and stir to combine. Cover and cook on high for 4 to 5 hours or on low for 8 hours. |
| Step 2 | Oven Cook | Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree: Preheat oven to 450.0 degrees Fahrenheit. Coat the chicken thigh with olive oil #1 and place on a rimmed baking sheet. Mix thyme and pepper in a small bowl and sprinkle over the chicken. Roast at 450 degrees until the chicken is cooked through, about 15-20 minutes. Transfer to a bowl and set aside. Combine potatoes, carrots and olive oil #2 in a large bowl. Place mixture on same rimmed baking sheet and turn to coat in the drippings. Roast until the vegetables soften, about 10-12 minutes. |
| Step 3 | Oven Cook | Beef and Carrot Puree: Sprinkle the steak lightly with salt, pepper and minced rosemary. Let stand for 15-30 minutes to warm to room temperature. Line a rimmed baking sheet with foil. Place the steak on baking sheet and slip under the broiler, about 4 inches from the heat source. |
| Step 4 | Use Food Processor | Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree: Chop roasted chicken and puree together with roasted veggies and enough water to make a smooth puree. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 5 | Oven Cook | Beef and Carrot Puree: Place the steak on baking sheet and slip under the broiler, about 4 inches from the heat source. |
| Step 6 | | Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 7 | Oven Cook | Beef and Carrot Puree: Broil the steak for 4 minutes on each side. Remove from broiler and cut into it to ensure it is well-done. Let stand for 1 minute. For pureed beef, coarsely chop the steak. Transfer to a food processor or blender and puree for 1 minute; the texture will be crumbly. Steam carrots until tender. Puree with enough water to make a smooth puree. Mix beef and carrot purees with enough water to make the pureed meat smooth and palatable. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 8 | Stove Cook | Dried Apricot Puree: Combine ingredients in a saucepan. Bring to a boil. Reduce heat to low and then simmer until tender. Let cool. |
| Step 9 | Stove Cook | Lovely Lentils: Melt the butter in a saucepan and saute the leeks for 2-3 minutes. Add the celery, red pepper and carrot. Saute for 5 minutes. Add the lentils and saute for 1 minute. Add the sweet potato, bay leaf and vegetable stock. Bring to a boil. Reduce the heat, cover and simmer for about 30 minutes, or until the veggies and lentils are tender. |
| Step | Use Food | Dried Apricot Puree: Puree until desired consistency is reached, using cooking liquid if necessary to |

| | | |
|----------------|--------------------|--|
| 10 | Processor | thin puree. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. |
| Step 11 | Use Blender | Lovely Lentils: Remove the bay leaf and blend to puree. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 12 | | Dried Apricot Puree: After 24 hours, transfer to gallon freezer bags. Label & freeze. |
| Step 13 | | Lovely Lentils: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 14 | Stove Cook | Peach, Apple, Pear Puree: Place all ingredients in a medium saucepan. Bring to a boil. Reduce heat and simmer until all the fruit is soft, about 10 minutes. Transfer to a blender or food processor and process until smooth, or use a potato masher for a coarser texture. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. |
| Step 15 | Stove Cook | Root Veggie Trio: Place vegetables in a saucepan and cover with boiling water. Cover and cook over medium heat, for 20 minutes, or until tender. |
| Step 16 | | Peach, Apple, Pear Puree: After 24 hours, remove from ice cube trays and place in labeled gallon freezer bags. |
| Step 17 | Use Food Processor | Root Veggie Trio: Drain vegetables and puree, using cooking liquid to reach desired consistency. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 18 | Stove Cook | Tomato, Cauliflower & Carrot with Basil: Place carrots in a small saucepan and cover with water. Bring to a boil. Reduce the heat to a simmer and cook, covered, for 10 minutes. Add cauliflower and cook, covered, for 8 more minutes. In another pan, melt the butter over medium heat. Add the tomatoes to the butter, and saute until mushy. Remove from the heat and stir in the basil and cheese, until melted. Puree the carrots and cauliflower with the tomato sauce. Add cooking liquid until desired consistency is achieved. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 19 | Stove Cook | Pea Mint Puree: Bring a saucepan of water to a boil over high heat. Add peas and cook until tender. Drain, reserving some of the cooking liquid. Puree in a blender or food processor and thin with cooking liquid until desired consistency is reached. Stir in the mint. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 20 | | Tomato, Cauliflower & Carrot with Basil: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 21 | | Pea Mint Puree: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 22 | Stove Cook | Potato, Carrot, Sweet Corn: Melt butter in a saucepan over medium heat. . Saute onion for 1 minute. Add carrots and saute for 5 minutes. Add potatoes and cover with stock/ water. Cook for 15 minutes. Add the corn and cook for 5 minutes. Puree, using a foodmill or blender, stirring in enough milk to reach desired consistency. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 23 | Stove Cook | Apple, Blueberry and Banana: Put the apple in a saucepan with apple juice. Cover and bring to a simmer. Cook for 2 minutes. Add blueberries and cook for 2 additional minute. Add sliced banana and cook for another minute. Cool slightly. Puree until smooth. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. |

| | | |
|----------------|--------------------|--|
| Step 24 | | Potato, Carrot, Sweet Corn: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 25 | | Apple, Blueberry and Banana: After 24 hours, transfer to a labeled gallon freezer bag. |
| Step 26 | Stove Cook | Broccoli Potato Mash: Put the potato and sweet potato into a saucepan, cover with boiling water and cook for about 12 minutes until tender. Meanwhile, steam the broccoli until tender (about 5 minutes). Drain the potato and sweet potato and mash together with the broccoli, butter, formula and cheese. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. |
| Step 27 | Stove Cook | Tasty Chicken & Rice: Heat the oil in a small saucepan. Add the onion and pepper and saute for 5 minutes or until soft. Add the chicken and saute for 2 minutes, until cooked. Remove from the heat. Steam carrots until tender and puree with a little water. Stir in the chicken mixture and add the rice. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. |
| Step 28 | | Broccoli Potato Mash: After 24 hours, transfer to gallon freezer bags. Label & freeze. |
| Step 29 | | Tasty Chicken & Rice: After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 30 | Freeze | Avocado Banana Rice: Combine all ingredients. Place approximately 1/4 cup in greased muffin cups. Freeze for 24 hours. After 24 hours, remove discs (using a spoon to remove from pan) and divide among indicated number of gallon freezer bags. Affix label. |
| Step 31 | Use Food Processor | Basic White Bean Puree: Pulse beans and water in a food processor until smooth, about 1 minute. Puree should be the consistency of peanut butter. If necessary, add more water 1 teaspoons at a time, until there are no bean flecks visible. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags. |
| Step 32 | Use Blender | Crockpot Butternut Squash Applesauce: Drain some of the excess liquid that has collected in slow cooker. Puree mixture in a blender or food processor, or use a potato masher for a coarser texture. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, remove from trays and divide among labeled gallon freezer bags. |



Recipe Cards

Apple, Blueberry and Banana

Author Name: Annabel Karmel

Recipe URL: <http://www.madeformums.com/family-meals/annabel-karmels-apple-blueberry-and-banana-puree/4030.html>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|---------------|-----------------------|
| 2 cups | peel and dice Apple |
| 3 tablespoons | Apple Juice |
| 1 cup | Blueberries |
| 2 cups | peel and slice Banana |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Put the apple in a saucepan with apple juice. Cover and bring to a simmer. Cook for 2 minutes. Add blueberries and cook for 2 additional minute. Add sliced banana and cook for another minute. Cool slightly. Puree until smooth. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, transfer to a labeled gallon freezer bag.

Serving Day Instructions

Place thawed cubes in bowl and serve.

Avocado Banana Rice

Author Name: Babble

Author URL: <http://www.babble.com/>

Recipe URL: <http://www.babble.com/best-recipes/diy-baby-food-with-rice-yummy-rice-pudding-and-avocado-banana-rice-mash/>

Yield: 20 cubes (2 per serving)

Ingredients

2 cups cook Brown Rice, Long-Grain

0.50 cups peel, pit, and mash Avocado

0.50 cups peel and mash Banana

0.50 cups Applesauce

Supplies Needed

Cooking Spray

Muffin Tin

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Combine all ingredients. Place approximately 1/4 cup in greased muffin cups. Freeze for 24 hours. After 24 hours, remove discs (using a spoon to remove from pan) and divide among indicated number of gallon freezer bags. Affix label.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Basic White Bean Puree

Author Name: Melissa

Recipe URL: <http://onceamonthmeals.com/baby-food-white-bean-puree/>

Yield: 20 cubes (2 per serving)

Ingredients

4 cups rinse and drain Cannellini (White) Beans, Canned

3 tablespoons Water

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Pulse beans and water in a food processor until smooth, about 1 minute. Puree should be the consistency of peanut butter. If necessary, add more water 1 teaspoons at a time, until there are no bean flecks visible. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Beef and Carrot Puree

Author Name: Parenting

Author URL: <http://www.parenting.com>

Recipe URL: <http://www.parenting.com/article/baby-friendly-beef>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|----------------|----------------------|
| 1 pound | Beef Sirloin |
| 0.25 teaspoons | Salt |
| 0.25 teaspoons | Black Pepper |
| 0.25 teaspoons | chop Rosemary, Fresh |
| 1 cup | dice Carrot |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Preheat oven to 500.0 degrees Fahrenheit. Sprinkle the steak lightly with salt, pepper and minced rosemary. Let stand for 15-30 minutes to warm to room temperature. Line a rimmed baking sheet with foil. Place the steak on baking sheet and slip under the broiler, about 4 inches from the heat source. Broil the steak for 4 minutes on each side. Remove from broiler and cut into it to ensure it is well-done. Let stand for 1 minute. For pureed beef, coarsely chop the steak. Transfer to a food processor or blender and puree for 1 minute; the texture will be crumbly. Steam carrots until tender. Puree with enough water to make a smooth puree. Mix beef and carrot purees with enough water to make the pureed meat smooth and palatable. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Broccoli Potato Mash

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|---------------|-----------------------------|
| 0.25 cups | peel and dice Russet Potato |
| 0.25 cups | peel and dice Sweet Potato |
| 0.25 cups | Broccoli |
| 2 tablespoons | Cheddar Cheese, Shredded |
| 1 tablespoon | Butter, Unsalted |
| 1 tablespoon | cook Infant Formula, Powder |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Put the potato and sweet potato into a saucepan, cover with boiling water and cook for about 12 minutes until tender. Meanwhile, steam the broccoli until tender (about 5 minutes). Drain the potato and sweet potato and mash together with the broccoli, butter, formula and cheese. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, transfer to gallon freezer bags. Label & freeze.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Crockpot Butternut Squash Applesauce

Author Name: Melissa

Recipe URL: <http://onceamonthmeals.com/baby-food-crockpot-butternut-squash-applesauce/>

Yield: 20 cubes (2 per serving)

Ingredients

1.50 cups peel and chunk Squash, Butternut

3.25 cups peel and dice Apple

0.25 teaspoons Cinnamon

0.25 teaspoons Nutmeg

0.13 cups Brown Sugar

0.13 cups Water

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Place all ingredients in slow cooker and stir to combine. Cover and cook on high for 4 to 5 hours or on low for 8 hours. Drain some of the excess liquid that has collected in slow cooker. Puree mixture in a blender or food processor, or use a potato masher for a coarser texture. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, remove from trays and divide among labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Dried Apricot Puree

Author Name: Melissa

Recipe URL: <http://onceamonthmeals.com/baby-food-dried-apricot-puree/>

Yield: 20 cubes (2 per serving)

Ingredients

5 cups dice Apricot, Dried

10 cups Apple Juice

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Combine ingredients in a saucepan. Bring to a boil. Reduce heat to low and then simmer until tender. Let cool. Puree until desired consistency is reached, using cooking liquid if necessary to thin puree. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, transfer to gallon freezer bags. Label & freeze.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Lovely Lentils

Author Name: Annabel Karmel

Author URL: <http://www.annabelkarmel.com>

Recipe URL: <http://www.annabelkarmel.com/recipes/lovely-lentils>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|-----------------|-----------------------|
| 2 tablespoons | Butter, Unsalted |
| 0.50 cups | slice Leek |
| 0.13 cups | dice Celery |
| 0.13 cups | dice Red Bell Pepper |
| 1 cup | dice Carrot |
| 0.33 cups | Lentils, Red |
| 1 cup | dice Sweet Potato |
| 1 whole | Bay Leaf |
| 24 fluid ounces | Vegetable Broth/Stock |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Melt the butter in a saucepan and saute the leeks for 2-3 minutes. Add the celery, red pepper and carrot. Saute for 5 minutes. Add the lentils and saute for 1 minute. Add the sweet potato, bay leaf and vegetable stock. Bring to a boil. Reduce the heat, cover and simmer for about 30 minutes, or until the veggies and lentils are tender. Remove the bay leaf and blend to puree. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree

Author Name: Epicurious

Author URL: <http://www.epicurious.com/>

Recipe URL: <http://www.epicurious.com/recipes/food/views/Oven-Roasted-Chicken-Thighs-with-Carrots-and-Yukon-Gold-Potatoes-351711>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|----------------|------------------------------------|
| 1 teaspoon | Olive Oil #1 |
| 1 pound | Chicken, Thighs, Boneless/Skinless |
| 0.25 teaspoons | Thyme, Dried |
| 0.25 teaspoons | Black Pepper |
| 1 cup | dice Russet Potato |
| 0.50 cups | dice Carrot |
| 1 teaspoon | Olive Oil #2 |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Preheat oven to 450.0 degrees Fahrenheit. Coat the chicken thigh with olive oil #1 and place on a rimmed baking sheet. Mix thyme and pepper in a small bowl and sprinkle over the chicken. Roast at 450 degrees until the chicken is cooked through, about 15-20 minutes. Transfer to a bowl and set aside. Combine potatoes, carrots and olive oil #2 in a large bowl. Place mixture on same rimmed baking sheet and turn to coat in the drippings. Roast until the vegetables soften, about 10-12 minutes. Chop roasted chicken and puree together with roasted veggies and enough water to make a smooth puree. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Peach, Apple, Pear Puree

Author Name: Melissa

Recipe URL: <http://onceamonthmeals.com/baby-food-peach-apple-pear-puree/>

Yield: 20 cubes (2 per serving)

Ingredients

1.33 cups peel and dice Peach

1 cup peel and dice Apple

1 cup peel and dice Pear

2 tablespoons Water

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Place all ingredients in a medium saucepan. Bring to a boil. Reduce heat and simmer until all the fruit is soft, about 10 minutes. Transfer to a blender or food processor and process until smooth, or use a potato masher for a coarser texture. Using a spoon, fill ice cube trays with mixture then cover tray with plastic wrap. Freeze for 24 hours. After 24 hours, remove from ice cube trays and place in labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in bowl to serve.

Pea Mint Puree

Author Name: Melissa

Yield: 20 cubes (2 per serving)

Ingredients

2.50 cups Peas, Frozen

1.25 tablespoons chop Mint, Fresh

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Bring a saucepan of water to a boil over high heat. Add peas and cook until tender. Drain, reserving some of the cooking liquid. Puree in a blender or food processor and thin with cooking liquid until desired consistency is reached. Stir in the mint. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Potato, Carrot, Sweet Corn

Author Name: Annabel Karmel

Author URL: <http://www.annabelkarmel.com>

Recipe URL: <http://www.annabelkarmel.com/recipes/potato-carrot-and-sweetcorn-puree>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|-----------------|-----------------------------|
| 2 tablespoons | Butter, Unsalted |
| 0.50 cups | dice Onion, Yellow |
| 2.50 cups | dice Carrot |
| 1.50 cups | peel and dice Russet Potato |
| 16 fluid ounces | Vegetable Broth/Stock |
| 0.50 cups | Corn, Frozen |
| 4 tablespoons | cook Infant Formula, Powder |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Melt butter in a saucepan over medium heat. . Saute onion for 1 minute. Add carrots and saute for 5 minutes. Add potatoes and cover with stock/ water. Cook for 15 minutes. Add the corn and cook for 5 minutes. Puree, using a foodmill or blender, stirring in enough milk to reach desired consistency. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Root Veggie Trio

Author Name: Melissa

Recipe URL: <http://onceamonthmeals.com/baby-food-root-veggie-trio/>

Yield: 20 cubes (2 per serving)

Ingredients

0.50 cups peel and dice Sweet Potato

0.25 cups dice Carrot

0.50 cups dice Parsnip

Supplies Needed

Plastic Wrap

1.25 Ice Cube Trays

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

Place vegetables in a saucepan and cover with boiling water. Cover and cook over medium heat, for 20 minutes, or until tender. Drain vegetables and puree, using cooking liquid to reach desired consistency. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Tasty Chicken & Rice

Author Name: Annabel Karmel

Author URL: <http://www.annabelkarmel.com/gb/>

Recipe URL: <http://www.annabelkarmel.com/recipes/tasty-chicken-rice>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|-------------|--------------------------------|
| 2 teaspoons | Olive Oil |
| 0.50 cups | dice Onion |
| 0.25 cups | dice Red Bell Pepper |
| 1 cup | dice Chicken, Boneless Breasts |
| 2 cups | dice Carrot |
| 0.50 cups | cook Brown Rice, Long-Grain |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Heat the oil in a small saucepan. Add the onion and pepper and saute for 5 minutes or until soft. Add the chicken and saute for 2 minutes, until cooked. Remove from the heat. Steam carrots until tender and puree with a little water. Stir in the chicken mixture and add the rice. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Tomato, Cauliflower & Carrot with Basil

Author Name: Annie's Eats

Author URL: <http://www.annies-eats.com/>

Recipe URL: <http://www.annies-eats.com/2009/05/18/adventures-in-homemade-baby-food-tomato-cauliflower-and-carrot-with-basil/>

Yield: 20 cubes (2 per serving)

Ingredients

| | |
|---------------|--------------------------|
| 2 cups | slice Carrot |
| 2 cups | dice Cauliflower |
| 4 tablespoons | Butter, Unsalted |
| 4 cups | dice Tomato |
| 0.25 cups | Basil, Fresh |
| 1 cup | Cheddar Cheese, Shredded |

Supplies Needed

| | |
|------|----------------|
| | Plastic Wrap |
| 1.25 | Ice Cube Trays |

Containers Needed

| | |
|---|--------------------|
| 2 | Gallon Freezer Bag |
|---|--------------------|

Cooking to Freeze Instructions

Place carrots in a small saucepan and cover with water. Bring to a boil. Reduce the heat to a simmer and cook, covered, for 10 minutes. Add cauliflower and cook, covered, for 8 more minutes. In another pan, melt the butter over medium heat. Add the tomatoes to the butter, and saute until mushy. Remove from the heat and stir in the basil and cheese, until melted. Puree the carrots and cauliflower with the tomato sauce. Add cooking liquid until desired consistency is achieved. Using a spoon, fill ice cube trays, taking care not to overfill. Cover tray with plastic wrap and freeze for 24 hours. After 24 hours, transfer cubes to labeled gallon freezer bags.

Serving Day Instructions

Place thawed cubes in a bowl and serve.

Peach, Apple, Pear Puree



Date Frozen:

Thaw. Place thawed cubes in bowl to serve.

Avocado Banana Rice



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Crockpot Butternut Squash Applesauce



Date Frozen:

Thaw. Place thawed cubed in a bowl and serve.

Dried Apricot Puree



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Apple, Blueberry and Banana



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Broccoli Potato Mash



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Potato, Carrot, Sweet Corn



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Tomato, Cauliflower & Carrot with Basil



Date Frozen:

Thaw. Place thawed cubes in a bowl and serve.

Root Veggie Trio

Date Frozen:



Thaw. Place thawed cubes in a bowl and serve.

Pea Mint Puree

Date Frozen:



Thaw. Place thawed cubes in a bowl and serve.

Tasty Chicken & Rice

Date Frozen:



Thaw. Place thawed cubes in a bowl and serve.

Lovely Lentils

Date Frozen:



Thaw. Place thawed cubes in a bowl and serve.

Basic White Bean Puree



Date Frozen: _____

Thaw. Place thawed cubes in a bowl and serve.

Beef and Carrot Puree



Date Frozen: _____

Thaw. Place thawed cubes in a bowl and serve.

Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree



Date Frozen: _____

Thaw. Place thawed cubes in a bowl and serve.



Thaw Sheet

| | Thaw Instructions | Cooking Time | Cooking Type |
|---|-------------------|--------------|--------------|
| Breakfasts | | | |
| Apple, Blueberry and Banana | In fridge | 1 minute | N/A |
| Dried Apricot Puree | In fridge | 1 minute | N/A |
| Peach, Apple, Pear Puree | In fridge | 1 minute | N/A |
| Lunches | | | |
| Avocado Banana Rice | In fridge | 1 minute | N/A |
| Broccoli Potato Mash | In fridge | 1 minute | N/A |
| Crockpot Butternut Squash Applesauce | In fridge | 1 minute | N/A |
| Pea Mint Puree | In fridge | 1 minute | N/A |
| Potato, Carrot, Sweet Corn | In fridge | 1 minute | N/A |
| Root Veggie Trio | In fridge | 1 minute | N/A |
| Tomato, Cauliflower & Carrot with Basil | In fridge | 1 minute | N/A |
| Dinners | | | |
| Basic White Bean Puree | In fridge | 1 minute | N/A |
| Beef and Carrot Puree | In fridge | 1 minute | N/A |
| Lovely Lentils | In fridge | 1 minute | N/A |
| Oven-Roasted Chicken Thighs with Carrots and Potatoes Puree | In fridge | 1 minute | N/A |
| Tasty Chicken & Rice | In fridge | 1 minute | N/A |