

# Home-made Baby Food

Submitted By:  
Lightbridge Academy Staff,  
Family and Friends



NOTE: Always consult your pediatrician before feeding any foods to your baby!

# Baby Oatmeal Recipe

Submitted by: Brenda Febbo

## Ingredients:

1 cup of water

1/4 cup (4 Tbls.) of Oatmeal (non-quick cooking)



## Cooking Instructions:

Put a cup of water in a saucepan on the stove top to boil. Meanwhile, take 1/4 cup (4 tablespoons) of oatmeal (non-quick cooking) and whiz it in the blender until it becomes a powder,

Stir it into the cup of boiling water, turn the heat down to low, and let cook for 10 minutes. Stir with a whisk or fork to prevent lumping and scorching. Let cool thoroughly before feeding to your baby.

Baby's food should be only moderately warm, about 99 degrees or body temperature -- like breast milk. Test for safe temperatures by poking or swirling your clean finger throughout the bowl.

**TIP:** You can double the recipe and store half of the cooked oatmeal, covered well, for up to two days in the refrigerator.

# CINNAMON Apples & Pears

## Ingredients:

1 large apple, peeled, cored, and sliced  
1 ripe pear, peeled, cored, and halved  
Sprinkle of cinnamon - to taste



## Cooking Instructions:

Steam or poach (simmer until tender in small amount of water) the apple and pear pieces, removing the pear if necessary so it doesn't get over cooked before the apple is done.

When both are tender, put into blender and sprinkle a little cinnamon on top. Puree to desired consistency, adding cooking liquid as necessary.

If a chunkier texture is desired, reserve some of the cooked fruit and dice into small bits, then fold into the remaining pureed fruit. This will freeze well in ice cube trays.

# Sweet Potato Mash

## Ingredients:

1 sweet potato

Breast Milk, milk or apple juice



## Cooking Instructions:

Scrub sweet potato and bake at 450 degrees F. for 40 to 50 minutes, testing with a fork for desired softness.

Allow to cool. Peel, then mash with a fork, adding vegetable cooking juices, milk, or a bit of apple juice.

Acorn squash can be substituted for sweet potato.