

Easy Baby Food Recipes

As a parent, you want to make sure your little one is eating right.

There are all sorts of options out there – including making your own baby food! Here are some simple, yummy recipes you can try in your very own kitchen.



➔ [The ABCs of Baby Food](#)

<http://www.parenting.com/gallery/easy-wholesome-baby-food-recipes>

This list includes a lot of simple ideas for everything from fruits and veggies to fish – and most of them you can do with only a blender!

➔ [27 Baby Food Tips](#)

<http://www.buzzfeed.com/deenashanker/make-your-own-baby-food#.jeanpKo7D>

Rather than simply listing recipes, this list includes the baby food basics, such as watching out for allergens, and groups food ideas by the child's age.

FÜN Fact:

A baby has around 10,000 taste buds, far more than adults. They are not just on the tongue but also on the sides, back, and roof of the mouth. Eventually these extra taste buds disappear.

➔ [Homemade Baby Food Recipes](#)

<http://www.parents.com/recipes/baby-food/homemade-baby-food-recipes/#page=1>

This is a short list of some of the easiest baby food purees to make, and some tips for keeping them interesting for your little one.

➔ [7 No-Cook Baby Food Recipes](#)

<http://www.popsugar.com/moms/Easy-Baby-Food-Recipes-35304214#photo-35304214>

Just what it says on the tin – some recipes that you don't have to do any more prep work for than tossing things in the blender.

FÜN Fact:

A baby cannot taste salt until it is 4 months old. The delay may be related to the development of kidneys, which start to process sodium at about that age.

➔ [8 Easy Homemade Baby Purees](#)

<http://www.thecomfortofcooking.com/2014/12/8-easy-homemade-baby-purees-first-foods.html>

Another simple look at quick meals you can whip up for your baby right in your kitchen.

➔ [10 Easy Baby Porridge Recipes](#)

<http://www.mylittlemoppet.com/10-easy-baby-porridge-recipe/>

When your little one's graduated to more solid foods, you don't have to stop making food at home!

FÜN Fact:

Up until 7 months old, a baby can breathe and swallow at the same time.

➔ [Cows' Milk Allergy Recipe Book](#)

<https://www.allergyuk.org/downloads/resources/120914%20-%20Allergy%20Recipe%20Book%20-%20Update.pdf>

If your baby's been diagnosed with lactose intolerance or a cows' milk protein allergy, finding recipes you can still use at home becomes a challenge. Fortunately, there are collections like these available!

➔ [8 Easy Recipes for Introducing New Foods](#)

<https://www.care.com/a/8-easy-baby-food-recipes-for-introducing-new-foods-20150310145116>

Learn how to get around your picky eater's habits and get them to try something new.

FÜN Fact:

A baby will eat an estimated 15 pounds of cereal per year.

➔ [Spicing Up Baby Food](#)

<http://www.lafaza.com/spicing-up-baby-food-our-top-3-simple-recipes/>

These simple recipes incorporate vanilla to add a little extra flavor.

➔ [Easy Baby Meals](#)

<https://parentinghub.co.za/author/deepika-easy-baby-meals/>

This treasure trove of recipes will give you a lot of simple ideas for cooking for baby!