



COOK WITH ANNIE

Baby Food
BLW & Finger Food
Seasonal Recipes

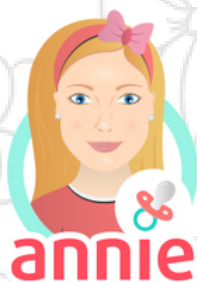
60+ RECIPES

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4 months+

BABY FOOD

homemade, healthy and delicious recipes



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SWEET POTATO

Vitamins:

- *A, C, B6*
- *manganese*
- *potassium*



HOW TO BAKE SWEET POTATO FOR BABY FOOD:

- preheat your oven to 400°F (200°C)
- wrap the sweet potato in foil
- bake for 45-60 minutes

HOW TO BOIL SWEET POTATO FOR BABY FOOD:

- chop sweet potato into small cubes
- take a small or medium saucepan
- add a cup of water bring to boil
- cover and reduce heat simmer until tender (15 minutes)

HOW TO STEAM SWEET POTATO FOR BABY FOOD:

- put the steamer into a medium pot
- add 2 cups of water bring to boil
- chop your sweet potato into small cubes
- add them onto the steamer
- steam until tender (15 minutes)

COMBINATION IDEAS:

- apple
- carrot
- bell pepper
- banana
- beans
- beets
- cauliflower
- mango

SWEET POTATO CARROT PUREE



INGREDIENTS

- 2 cups peeled and diced carrots (from about 2 medium carrots)
- 4 small sweet potatoes
- 1/4-1/2 cup liquid such as water, breastmilk or formula
- 1/8 teaspoon cinnamon

HOW TO COOK

- Wash your sweet potatoes and add them to the crock pot.
- Cook on LOW for 7-8 hours or until super soft when poked with a knife.
- Peel and discard the skins of the sweet potatoes. Add the flesh to a blender.
- Trim the ends off of the carrots. Peel and dice them into even pieces.
- Add the carrots to a pot fitted with a steamer basket. Add water and cover. Cook until soft.
- Put carrots and sweet potatoes into a blender. Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

SWEET POTATO APPLE PUREE



INGREDIENTS

- 3 apples, peeled & cored
- 4 small sweet potatoes
- 1/4-1/2 cup liquid such as water, breastmilk or formula

HOW TO COOK

- Wash your sweet potatoes and add them to the crock pot.
- Cook on LOW for 7-8 hours or until super soft when poked with a knife.
- Peel and discard the skins of the sweet potatoes. Add the flesh to a blender.
- Wash and dry your apples.
- Peel and remove the skin. Roughly dice the apples, discarding the core.
- Place into a steamer basket fitted into a medium pot. Cover and cook.
- Put apples and sweet potatoes into a blender. Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

SWEET POTATO BANANA PUREE



INGREDIENTS

- 2 bananas
- 4 small sweet potatoes
- 1/4-1/2 cup liquid such as water, breastmilk or formula
- cinnamon

HOW TO COOK

- Wash your sweet potatoes and add them to the crock pot.
- Cook on LOW for 7-8 hours or until super soft when poked with a knife.
- Peel and discard the skins of the sweet potatoes. Add the flesh to a blender.
- Slice very ripe bananas.
- Put bananas and sweet potatoes into a blender. Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

CARROT

Vitamins:

- *A, K, C*
- *potassium and fiber*
- *calcium and iron*



HOW TO BAKE CARROT FOR BABY FOOD:

- preheat the oven to 350°F (177°C)
- toss your carrots in olive oil
- bake until carrots get orange/almost brown (40 minutes)

HOW TO BOIL CARROT FOR BABY FOOD:

- fill a cooking pot with water
- cut and add in your carrots
- bring to boil cook until tender (20 minutes)

HOW TO STEAM CARROT FOR BABY FOOD:

- put carrots in a steaming basket
- put the steaming basket over a pan or pot with water
- steam at a medium flame until tender (15 minutes)

COMBINATION IDEAS:

- apples
- potatoes
- sweet potatoes
- beets
- tomatoes
- peas
- chicken

CARROT BANANA PUREE



INGREDIENTS

- 2 cups peeled and diced carrots (from about 2 medium carrots)
- 1 ripe banana (about 1 cup sliced)
- 1/4-1/2 cup liquid such as water, breastmilk or formula
- 1/8 teaspoon cinnamon

HOW TO COOK

- Trim the ends off of the carrots. Peel and dice them into even pieces.
- Add the carrots to a pot fitted with a steamer basket. Add water and cover. Cook until soft.
- Put carrots and banana into a blender.
- Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

CARROT SWEET POTATO PUREE



INGREDIENTS

- 2 cups peeled and diced carrots (from about 2 medium carrots)
- 4 small sweet potatoes
- 1/4-1/2 cup liquid such as water, breastmilk or formula
- 1/8 teaspoon cinnamon

HOW TO COOK

- Wash your sweet potatoes and add them to the crock pot.
- Cook on LOW for 7-8 hours or until super soft when poked with a knife.
- Peel and discard the skins of the sweet potatoes. Add the flesh to a blender.
- Trim the ends off of the carrots. Peel and dice them into even pieces.
- Add the carrots to a pot fitted with a steamer basket. Add water and cover. Cook until soft.
- Put carrots and sweet potatoes into a blender. Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

CARROT APPLE PUREE



INGREDIENTS

- 2 cups peeled and diced carrots (from about 2 medium carrots)
- 6-7 large apples (about 4 pounds)
- 1/4-1/2 cup liquid such as water, breastmilk or formula
- 1/8 teaspoon cinnamon

HOW TO COOK

- Trim the ends off of the carrots. Peel and dice them into even pieces.
- Add the carrots to a pot fitted with a steamer basket. Add water and cover. Cook until soft.
- Peel the apples. Dice the apples into even 1-1½-inch chunks.
- Place apples into the crock pot. Cover and cook on LOW for 6 to 7 hours or HIGH for 2-3 hours, or until apples are very soft.
- Put carrots and apples into a blender.
- Blend, thinning with desired liquid to achieve the desired consistency.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 5 days or freeze into little cubes to store for up to 6 months.

APPLE

Vitamins:

- *K, C*
- *potassium*
- *fiber*



HOW TO COOK APPLE FOR BABY FOOD:

- peel and dice your apples
- put them in a pan and cover in water
- cook over medium heat
- cook on simmer until tender (for about 15 minutes)
- let cool, take the apples out and put them into a blender

HOW TO STEAM APPLE FOR BABY FOOD:

- peel and dice your apples
- in a sauce pan bring 2 inches of water to boil
- put apples in a steamer basket
- cover and steam until tender (10 minutes)
- let cool, take the apples out and put them into a blender

COMBINATION IDEAS:

- oatmeal
- banana
- avocado
- sweet potato
- carrots
- mango
- spinach
- kale
- pumpkin
- squash
- pear
- blueberries
- yogurt

APPLE PUMPKIN PUREE



INGREDIENTS

- 3 apples, peeled & cored
- 1/2 cup pumpkin puree
- water, breastmilk or formula
- cinnamon, nutmeg

HOW TO COOK

- Wash and dry your apples.
- Peel and remove the skin. Roughly dice the apples, discarding the core.
- Place into a steamer basket fitted into a medium pot. Cover and cook.
- Transfer to a blender, add the pumpkin puree, and blend.
- Let cool slightly and store or serve.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze into little cubes to store for later.

APPLE PEACH PUREE



INGREDIENTS

- 3 apples, peeled & cored
- 3 peaches, sliced and cored
- water, breastmilk or formula
- cinnamon, nutmeg

HOW TO COOK

- Wash and dry your apples.
- Peel and remove the skin. Roughly dice the apples, discarding the core.
- Place into a steamer basket fitted into a medium pot. Cover and cook.
- Transfer to a blender, and add sliced peach.
- Blend, adding a little water, breastmilk, or formula as needed to thin.
- Strain out the skin pieces through a small strainer if desired.

TO STORE

Store this baby food puree in small airtight containers in the fridge for up to 3 days. Or freeze into little cubes to store for up to 3 months.

APPLE AVOCADO PUREE



INGREDIENTS

- 3 apples, peeled & cored
- 1 ripe avocado
- water, breastmilk or formula
- cinnamon, nutmeg

HOW TO COOK

- Wash and dry your apples.
- Peel and remove the skin. Roughly dice the apples, discarding the core.
- Place into a steamer basket fitted into a medium pot. Cover and cook.
- Halve the avocado, remove the stone and scoop out the centre.
- Transfer to a blender, add the whole avocado, and blend.
- Let cool slightly and store or serve.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze into little cubes to store for later.

AVOCADO

Vitamins:

- C, E, K, B2, B3, B5, B6
- magnesium
- potassium



HOW TO MAKE BABY FOOD WITH AVOCADO:

- take your avocado - make sure that it is ripe and ready
- cut it in half, remove the pit, and scrape the avocado flesh from the skin with a spoon
- put the avocado flesh into a blender, add a bit of water, and process until smooth

COMBINATION IDEAS:

- banana
- kiwi
- pear
- strawberry
- peas
- zucchini

AVOCADO KIWI PUREE



INGREDIENTS

- ½ ripe avocado
- 2-3 fresh kiwi fruit
- water, formula, breastmilk, or full-fat coconut milk as needed

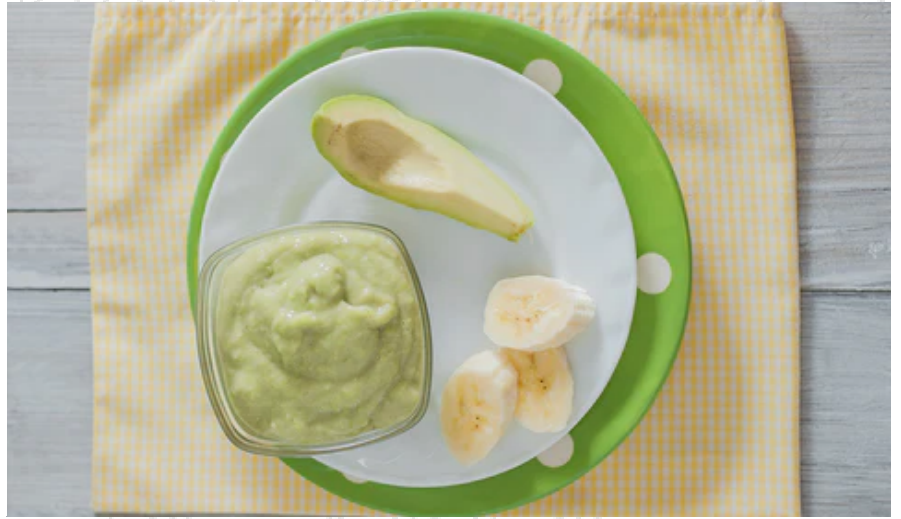
HOW TO COOK

- Halve the avocado, remove the stone and scoop out the centre.
- Peel the brown skin from the kiwi and discard.
- Add fruits to a blender.
- Blend until very smooth, adding a little liquid if needed.
- Serve or store in the fridge or freezer for later.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze in storage bag for up to 3 months.

AVOCADO BANANA PUREE



INGREDIENTS

- ½ small ripe avocado
- ½ small ripe banana
- 1 tbsp yoghurt (optional)

HOW TO COOK

- Halve the avocado, remove the stone and scoop out the centre. Put into baby's bowl.
- Add the banana and mash together with the avocado.
- If your baby is already used to purées, you may want to keep this a chunkier consistency.
- If you're introducing your baby to protein, stir through the yogurt. Serve straightaway.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze into little cubes to store for later.

AVOCADO PUMPKIN PUREE



INGREDIENTS

- 1/2 cup pumpkin puree
- 2 ripe avocados (about 1 cup avocado flesh)

HOW TO COOK

- Halve a ripe avocado, remove the pit, and scoop out the flesh.
- Add the pumpkin puree and put it in a blender or a small food processor.
- Blend, adding breastmilk, formula, or water if needed or desired to thin.
- Serve immediately.

TO STORE

Store this baby food puree in small airtight containers in the fridge and squeeze fresh lemon juice overtop. Or freeze into little cubes to store for later.

PUMPKIN

Vitamins:

- C, E, K, B2, B3, B5, B6
- magnesium
- potassium



HOW TO MAKE PUMPKIN PUREE FOR BABIES

- wash and prep the pumpkin – rinse pumpkin in cold water, scrub the skin, rinse again
- cut pumpkin in half, scoop out the seeds with a spoon (do not throw it away, keep it for roasting or discard), and finally
- **bake the pumpkin** – bake it at 450 F about 45 minutes until is pumpkin tender
- **cook the pumpkin** – bring water to a boil in a medium saucepan, cook pumpkin about 15 minutes until tender, don't forget drain, and rinse under cool water for about three minutes to stop the cooking process!
- **puree the pumpkin** – puree the pumpkin in a food processor or blender until smooth, for smoother consistency add some water, breastmilk, or formula

COMBINATION IDEAS:

- cinnamon
- nutmeg
- ginger
- pear
- apple
- peaches
- sweet potato
- banana
- peache
- szucchini
- broccoli
- lentils/chicken
- turkey

PUMPKIN APPLE PUREE



INGREDIENTS

- 3 apples, peeled & cored
- 1/2 cup pumpkin puree
- water, breastmilk or formula
- cinnamon, nutmeg

HOW TO COOK

- Wash and dry your apples.
- Peel and remove the skin. Roughly dice the apples, discarding the core.
- Place into a steamer basket fitted into a medium pot. Cover and cook.
- Transfer to a blender, add the pumpkin puree, and blend.
- Let cool slightly and store or serve.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze into little cubes to store for later.

PUMPKIN BANANA PUREE



INGREDIENTS

- 1/2 cup pumpkin puree
- 2 small bananas

HOW TO COOK

- Slice very ripe bananas and add to a blender.
- Add the pumpkin puree.
- Blend until very smooth.
- Add cinnamon if desired and serve or store for later.

TO STORE

Store this baby food puree in small airtight containers in the fridge or freeze into little cubes to store for later.

PUMPKIN AVOCADO PUREE



INGREDIENTS

- 1/2 cup pumpkin puree
- 2 ripe avocados (about 1 cup avocado flesh)

HOW TO COOK

- Halve a ripe avocado, remove the pit, and scoop out the flesh.
- Add the pumpkin puree and put it in a blender or a small food processor.
- Blend, adding breastmilk, formula, or water if needed or desired to thin.
- Serve immediately.

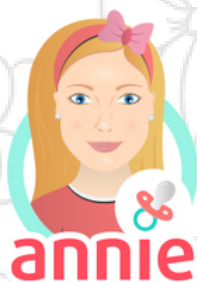
TO STORE

Store this baby food puree in small airtight containers in the fridge and squeeze fresh lemon juice overtop. Or freeze into little cubes to store for later.

6 months+

FINGER FOODS

homemade, healthy and delicious recipes



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EGGS

Food Type

Egg

Common Allergen

Yes

Nutrition Rating



INGREDIENTS

- 3 large eggs
- 1 tsp (5 ml) olive oil

HOW TO COOK

- Crack the eggs into a bowl. Whisk to combine the yolks with the whites.
- Warm the oil in an 8-inch (20-cm) non-stick skillet set on medium heat.
- When the oil shimmers, pour in the whisked eggs and turn the heat to low.
- Cover to steam the eggs until the omelet is firm and the edges have started to curl, about 5 minutes.
- Transfer the omelet from the pan to a cutting board. Cut into strips about the width of two adult fingers pressed together. Cool.

This recipe contains a common allergen: egg. Only serve to a child after this allergen has been tested.

TO STORE

Egg strips keep in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING	TIME	AGE SUGGESTION
2	15 mins	6 months+

STRAWBERRY

Food Type
Fruity

Common Allergen
No

Nutrition Rating



INGREDIENTS

- ½ c (120 ml) dry instant oatmeal
- ¼ c (60 ml) whole milk
- 4 large strawberries

This recipe contains a common allergens: dairy (milk) and oats.

Only serve to a child after this allergen has been tested.

HOW TO COOK

- Combine the oatmeal, milk, and ¾ c (180 ml) in a small pot or a microwave-safe bowl.
- Wash the strawberries and remove the stems.
- Cover and bring the mixture to a boil, about 1 minute in the microwave or 3 minutes on the stovetop.
- Remove the oatmeal from the heat, then keep it covered while it rests for 5 minutes.
- Mash 3 strawberries, then stir them into the oatmeal to make it pink. Cool.

TO STORE

Strawberry Oatmeal keeps in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING	TIME	AGE SUGGESTION
1 + ¼ c (300 ml)	15 mins	6 months+

APPLE

Food Type
Fruity

Common Allergen
No

Nutrition Rating
★★★★☆



INGREDIENTS

- 2 apples
- 1 pinch ground cinnamon (optional)

HOW TO COOK

- Wash, peel, and halve the apples. Remove the core, seeds, and stems.
- Place the apple halves in a pot, then add enough water to cover them by 2 inches (5 cm).
- Cover and simmer until the apple halves are easily pierced with a fork, about 5 minutes in the microwave or 10 minutes on the stovetop. Cook time varies based on the apple size.
- Remove the apple halves from the cooking liquid to cool.
- Cut them into quarters. Before serving, sprinkle cinnamon.

TO STORE

Stewed apples keep in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING
2 cups
(480 ml)

TIME
20
mins

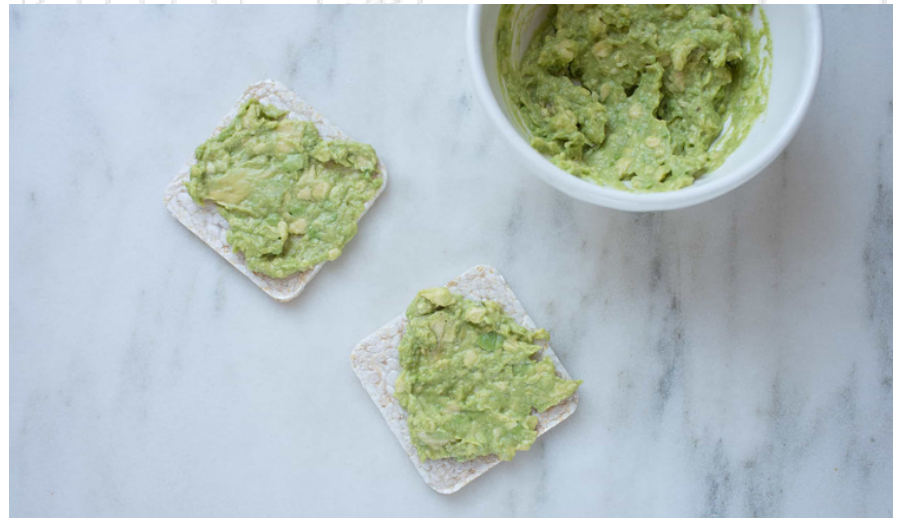
AGE SUGGESTION
6 months+

AVOCADO

Food Type
Fruit

Common Allergen
No

Nutrition Rating
★★★★★



INGREDIENTS

- 1 small onion
- 1 lime
- 3 ripe avocados
- 1 bunch cilantro (optional)

HOW TO COOK

- Peel and finely chop the onion.
- Combine the onion and lime juice in a mixing bowl.
- As the mixture rests, peel and chop the avocados and finely chop the cilantro.
- Add the avocado and cilantro to the mixing bowl, then mash and mix the ingredients into guacamole. A little texture is okay.
- Give baby guacamole with aresistive food teether to dip, such as corn on the cob, cucumber spear, or whole green beans.

TO STORE

Guacamole keeps in an airtight container in the refrigerator for 3 days.

SERVING	TIME	AGE SUGGESTION
2 c (480 ml)	15 mins	6 months+

BLUEBERRIES

Food Type

Fruit

Common Allergen

No

Nutrition Rating



INGREDIENTS

- ½ c (74 ml) blueberries
- ½ c (120 ml) dry instant oats

HOW TO COOK

- Wash the blueberries. Remove any stems.
- Combine the blueberries, oats, and 1 c (240 ml) of water in a small pot or a microwave-safe bowl.
- Cover and bring the mixture to a boil, about 1 minute in the microwave or 3 minutes on the stovetop.
- Remove the oatmeal from the heat, then keep it covered while it rests for 5 minutes. Uncover, mash the berries, and cool.

This recipe contains a common allergen: oats. Only serve to a child after this allergen has been tested.

TO STORE

Purple Oatmeal keeps in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING

1 ½ c
(360 ml)

TIME

15
mins

AGE SUGGESTION

6 months+

RASPBERRY

Food Type

Fruit

Common Allergen

No

Nutrition Rating



INGREDIENTS

- ½ c (120 ml) raspberries
- ½ c (120 ml) plain yogurt
- 1 ripe banana (optional)

HOW TO COOK

- Wash the raspberries to remove any pesticide residue.
- Mash berries to reduce the risk of choking.
- Swirl the mashed raspberries into the yoghurt.
- Halve the banana crosswise. Peel and mash it. Then stick the banana in the parfait. Store the other half of the banana for another use.

*This recipe contains a common **allergen: dairy (yogurt)**. Only serve to a child after this allergen has been tested.*

TO STORE

Raspberry Yogurt Parfait keeps in an airtight container in the refrigerator for 3 days.

SERVING	TIME	AGE SUGGESTION
1 c (240 ml)	5 mins	6 months+

BANANA

Food Type
Fruit

Common Allergen
No

Nutrition Rating
★★★★★



INGREDIENTS

- 1 medium banana
- 2 tablespoons (28 grams) unsalted, unsweetened sunflower seed butter

HOW TO COOK

- Cut the banana in half crosswise. Peel one half and store the other half in its peel for a future meal.
- Separate the peeled half into spears. An easy way to do this: gently push your index finger into the cut side of each half to separate them into spears.
- Whisk the sunflower seed butter, water, and cinnamon in the child's bowl until smooth with no clumps.
- Serve and let the child self-feed with hands.

TO STORE

Store leftover dip in an air-tight container in the refrigerator for up to 5 days.

SERVING
1/2 cup
(64 grams)

TIME
5
mins

AGE SUGGESTION
6 months+

WATERMELON

Food Type
Fruit

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 1 watermelon
- 1 tbsp (15 ml) almond meal (optional)

*This recipe contains a common allergen: **tree nut (almond)**. Only serve to a child after this allergen has been tested.*

HOW TO COOK

- Rinse the watermelon to remove pesticide residue.
- Halve the melon. Store one half for another use. Cut off the rind from the other half, and if you like, use the rind to make a teether.
- Cut the watermelon flesh into rectangular sticks about the size of two adult fingers pressed together. Remove all seeds from the sticks.
- Roll the watermelon sticks in almond meal or any finely ground-up seed or tree nut that has been safely introduced.

TO STORE

Cut watermelon keeps in an airtight container in the refrigerator for 3 days.

SERVING

4-6

sticks

TIME

5

mins

AGE SUGGESTION

6 months+

MANGO

Food Type
Fruit

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 1 ripe mango
- 1 lime
- 2 tsp (4 g)
unsweetened
desiccated coconut
flakes

*This recipe contains a common
allergen: coconut (flakes). Only serve
to a child after this allergen has been
tested or/and without coconut flakes .*

HOW TO COOK

- Wash the mango, then peel the skin.
- Halve the mango by cutting vertically on either side of the pit. Don't toss the pit—it is a great resistive food teether to help advance oral motor skills.
- Peel the mango, cut the flesh from the pit, and slice the flesh into long spears.
- Juice the lime, then sprinkle 1 tsp (5 ml) of juice on the fruit. Store the rest for another use.
- Roll mango in coconut flakes.

TO STORE

Cut mango keeps in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING
1 cup
(240 grams)

TIME
5
mins

AGE SUGGESTION
6 months+

CARROTS

Food Type
Vegetable

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 8 medium carrots
- 2 tbsp (28 g) unsalted butter
- 1 bunch chives

HOW TO COOK

- Wash, dry, and peel the carrots. Cut off the stem and root ends. Cut the carrots into half lengthwise.
- Place the carrots in a skillet or a wide microwave-safe bowl. Add enough water to barely cover the bottom of the skillet or bowl. Cover and steam the carrots until they are easily pierced with a knife, about 5 minutes in the microwave or 10 minutes on the stovetop.
- Transfer the cooked carrots to a mixing bowl. Toss to coat the carrots in the herb and the butter as it melts.

*This recipe contains a common **allergen: dairy (butter)**. Only serve to a child after this allergen has been tested or/and without dairy (butter).*

TO STORE

Steamed Carrot with Herb Butter keeps in an airtight container in the refrigerator for 3 days or in the freezer for 2 months.

SERVING
2 cup
(480 ml)

TIME
15
mins

AGE SUGGESTION
6 months+

CUCUMBER

Food Type
Vegetable

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 1 large cucumber
- 2 sprigs dill
- ½ c (120 ml) plain yoghurt
- 2 tsp (10 ml) olive oil (optional)

HOW TO COOK

- Cut the cucumber into long, thin slices.
- Finely chop the dill.
- Mix the dill and olive oil into the yoghurt.
- Stick a piece of cucumber in the yoghurt so it is ready for the baby to grab. Offer the rest on the side.

*This recipe contains a common **allergen: dairy (yogurt)**. Only serve to a child after this allergen has been tested or/and without dairy (yogurt) .*

TO STORE

Cut cucumber and leftover dip keep in airtight containers in the refrigerator for 3 days.

SERVING
1 c
(240 ml)

TIME
5
mins

AGE SUGGESTION
6 months+

ZUCCHINI

Food Type
Vegetable

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 3 zucchini
- 1 lemon
- 2 tbsp (30 ml) olive oil
- 1 tsp (2 g) blackpepper (optional)
- ½ tsp (1 g) ground cumin (optional)

Feel free to swap the seasoning for any herb and spice that you want baby to learn to love. Babies tend to like flavors that they try early and often, and there is no need to wait to introduce seasoning.

HOW TO COOK

- Preheat the oven to 400 F (204 C). Grease a sheet tray with oil.
- Cut off the ends of the zucchini, then cut each zucchini into spears about the width of two adult fingers pressed together.
- Wash, dry, zest, and juice the lemon.
- Coat the zucchini spears in oil, then sprinkle with lemon zest and spice.
- Roast the spears until they are easily pierced with a fork, about 10 minutes.

TO STORE

Roasted Zucchini Spears keep in an airtight container in the refrigerator for 3 days.

SERVING
12-14
spears

TIME
20
mins

AGE SUGGESTION
6 months+

SWEET POTATO

Food Type
Vegetable

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 3 sweet potatoes
- 2 tbsp (30 ml) olive oil
- 1 tsp (2 g) ground cumin (optional)
- ½ tsp (1 g) ground black pepper (optional)
- ½ tsp (1 g) garlic powder (optional)

HOW TO COOK

- Preheat oven to 400 F (204 C).
- Peel and cut the potatoes into wedges about the size of two adult fingers pressed together.
- Coat the wedges with oil and spices.
- Roast the wedges for 10 minutes. Flip the wedges, then continue to roast for 10 minutes more. They are ready when a knife easily inserts into the thickest part of a wedge.
- Set aside some wedges for the child.

TO STORE

Cooked sweet potato wedges keep in an airtight container in the refrigerator for 3 days.

SERVING
18-24
wedges

TIME
30
mins

AGE SUGGESTION
6 months+

PUMPKIN

Food Type
Vegetable

Common Allergen
No

Nutrition Rating



INGREDIENTS

- 1 small sugar pumpkin (about 3 pounds)
- 1 tablespoon avocado oil, olive oil, or sunflower oil

HOW TO COOK

- Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper.
- Cut the pumpkin into your shapes of choice—chunks, crescent moons, or large cubes.
- Coat the pumpkin shapes with the oil of your choice and space evenly on the sheet tray.
- Roast until a knife easily inserts into the thickest part of one of your pumpkin shapes.
- Remove from the oven and let cool.

TO STORE

Place the roasted pumpkin in an air-tight container and store in the fridge for up to 1 week or the freezer for up to 1 month.

TIME
30
mins

AGE SUGGESTION
6 months+

SMOOTHIES

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FRUITY HEAVEN ON EARTH

Kcals:

- banana – 105 kcal
- raspberries – 54 kcal
- peanut butter – 60 kcal
- cocoa – 15 kcal
- milk – 70 kcal
- vanilla powder – 50 kcal

INGREDIENTS

- 1 frozen banana
- 100 g frozen raspberries
- 1 table spoon of peanut butter
- teaspoon of cocoa
- 150 ml milk
- 15 g vanilla protein powder



ULTIMATE IMMUNITY BOOSTER

Kcals:

- oranges – 140 kcal
- coconut water – 20 kcal
- kurkuma – 0 kcal
- goji – 45 kcal
- maple syrup – 26 kcal
- water – 0 kcal

INGREDIENTS

- 2 oranges
- 1/2 cup coconut water
- 1/2 tsp kurkuma
- 1 tbsp goji
- ginger
- 1 tbsp maple sirup
- water



GREEN MILE

Kcals:

- apple – 56 kcal
- bananas – 210 kcal
- ginger – 0 kcal
- lemon – 5 kcal
- spinach – 25 kca
- lhoney – 16 kcal
- chia seeds – 49 kcal

INGREDIENTS

- 1 apple
- 2 bananas
- ginger
- 1/2 lemon
- 100 g spinach
- 1 tbsp honey
- 1 tsp chia seeds



BLOODY SYMPHONY

Kcals:

- beetroot – 43 kcal
- pineapple – 82 kcal
- orange – 70 kcal
- apple – 56 kcal
- spinach – 25 kcal
- ginger – 0 kcal
- water – 0 kcal

INGREDIENTS

- 1 beetroot
- 1/2 pineapple
- 1 orange
- 1 apple
- 100 g spinach
- ginger
- water



TROPICAL DELIGHT

Kcals:

- mango – 99 kcal
- persimmon – 118 kcal
- banana – 52 kcal
- coconut water – 20 kcal
- maca powder – 12 kcal
- chilli – 1 kcal
- water – 0 kcal

INGREDIENTS

- 1 mango
- 2 persimmon
(kaki)
- 1/2 banana
- 150 ml coconut
water
- 1 tsp maca
powder
- chilli
- water



ENERGY GIVER

Kcals:

- avocado – 130 kcal
- sweet potato – 172 kcal
- chia seeds – 49 kcal
- almond milk – 34 kcal
- cocoa – 15 kcal
- water – 0 kcal

INGREDIENTS

- 1/2 avocado
- 200 g sweet potato
- 1 tbsp chia seeds
- 1 tbsp of cocoa
- 200 ml almond milk
- 50 ml water



9+ months

SOUPS

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PEA SOUP



INGREDIENTS

- 3 medium leeks, cleaned and sliced thin
- 1 large potato, peeled and cut into thin slices
- 1 10-ounce box frozen baby peas
- 1 quart chicken broth
- 1/2 cup heavy cream
- salt
- ground black pepper

HOW TO

- Put leeks and potatoes in a pot with the liquid and bring to a gentle simmer. Simmer until the potatoes and leeks are completely soft, about 25 minutes. Add the peas and simmer for about 3 minutes.
- Purée in a blender or with a hand-held immersion blender and strain into a clean pot. Add the heavy cream and bring to a simmer. Season to taste with salt and pepper before serving.

PUMPKIN SOUP



INGREDIENTS

- 1.2 kg / 2.4 lb pumpkin
- 1 onion
- 2 garlic cloves
- 3 cups vegetable or chicken broth
- 1 cup water
- salt and pepper
- 1/2 cup heavy cream

HOW TO

- Cut the pumpkin into 3cm / 2.25" slices. Cut the skin off and scrape seeds out (video is helpful). Cut into 4cm / 1.5" chunks.
- Place the pumpkin, onion, garlic, broth and water in a pot - liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) - about 10 minutes.
- Remove from heat and use a stick blender to blend until smooth (Note 3 for blender).
- Season to taste with salt and pepper, stir through cream (never boil soup after adding soup, cream will split).
- Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread!

CARROT SOUP



INGREDIENTS

- ¼ cup butter, cubed
- 2 ½ cups sliced carrots
- 1 large potato, peeled and cubed
- 1 cup chopped onion
- 1 stalk celery, chopped
- 3 cups chicken broth
- 1 teaspoon ground ginger
- ½ cup heavy whipping cream
- 1 teaspoon curry powder
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

HOW TO

- Heat butter in a Dutch oven over medium heat; add carrots, potato, onion, celery, chicken broth, and ginger. Cover and cook, stirring occasionally, until vegetables are tender, about 30 minutes. Uncover and cool for 15 minutes.
- Transfer soup in batches to a food processor; blend until smooth. Return soup to the Dutch oven; stir in cream. Add curry powder, salt, and black pepper; cook over low heat until heated through, about 10 minutes.

TOMATO SOUP



INGREDIENTS

- 2 tbsp extra virgin olive oil
- 3 cups chopped yellow onion (1 jumbo onion)
- 1 tbsp minced fresh garlic
- 3 cups chicken broth
- 1 can crushed tomatoes, undrained
- 1 tsp dried oregano
- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 1 bay leaf

HOW TO

- In a dutch oven or soup pot, heat olive oil over medium high heat. Add onions and sauté for 4 minutes, stirring constantly. Add garlic and cook until fragrant (about 30 seconds), continuing to stir.
- Add chicken broth, tomatoes with juice, oregano, salt, pepper and bay leaf. Stir well to combine. Bring to a gentle boil and reduce heat to maintain a simmer.
- Cover and simmer for 15 minutes. Purée to desired consistency with an immersion blender.
- Top with desired toppings, e.g. grated Parmesan cheese.

CHICKPEA SOUP



INGREDIENTS

- 1 tbsp canola oil
- 1 clove garlic, minced
- 1/2 onions, finely chopped
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 2/3 cup chickpeas
- 1 cup canned tomatoes
- 1 cup chicken broth
- 1 cup water
- 1 pinch salt

HOW TO

- Heat the oil in a saucepan over medium-low heat. Add the finely chopped garlic and onion then sauté 2-3 min until translucent, taking care not to let them burn.
- Drain and rinse the chickpeas, then add them to the saucepan. Stir in the spices, tomatoes, broth and water. Bring to a boil, then lower the heat and cook 7-8 min. Add salt and pepper to taste.
- Purée the soup in a blender, then ladle it into bowls and serve.

SWEET POTATO SOUP



INGREDIENTS

- 6 medium sweet potatoes
- 1 tablespoon minced fresh ginger
- 2 cups chicken or vegetable stock
- 1 cup water, or as needed
- 1 lime, juiced
- 1/2 cup heavy cream

HOW TO

- Place potatoes and ginger in large saucepan. Pour in chicken stock and water, and bring to a boil over high heat. Reduce heat to medium low, cover, and simmer until the potatoes have softened, about 30 minutes.
- Puree potatoes and lime juice in a food processor, or with a hand blender until smooth. Return soup to saucepan and stir in milk or cream as desired; heat until warmed through.

CAULIFLOWER SOUP



INGREDIENTS

- 2 tablespoons unsalted butter
- 1 onion, chopped
- 1 head cauliflower, broken into small florets
- 1 potato, peeled and diced
- 2 cups vegetable stock
- 2 cups milk salt and pepper to taste

HOW TO

- Melt the butter in a large pot over medium heat. Saute the onion in the butter for 5 minutes. Stir in the cauliflower and potato and saute for 5 more minutes.
- Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender. Add the milk, stirring well to blend. Season with salt and pepper to taste.

BROCCOLI SOUP



INGREDIENTS

- 1 tbsp butter
- 2 small garlic cloves minced
1 small shallot minced
- 2 small broccoli heads though ends removed, roughly chopped
- 1/2 tsp black peppercorns
- 2 1/2 cups chicken stock

HOW TO

- Melt butter in a pan over medium heat. Add garlic and shallot and cook for about 30 seconds. Add broccoli and cook for another 30 seconds. Cover with chicken stock and add peppercorns. Cook for about 15 minutes or until broccoli is tender.
- Let it cool a little bit then transfer to a blender. Blend until very smooth. Adjust seasoning if needed. Serve warm or cold.

HALLOWEEN

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PUMPKIN CINNAMON ROLLS



INGREDIENTS

- can or two of Pillsbury Cinnamon Rolls
- few drops of orange food coloring
- few drops of green food coloring

HOW TO

- Unroll the end of the cinnamon rolls to create the pumpkin stem.
- Bake the rolls.
- Use food colorant (green and orange) to color the frosting included in the package.
- Use the frosting to color the pumpkins once they've cooled down.



PUMPKIN PANCAKES



INGREDIENTS

- 2 eggs 1-1/4 cups buttermilk
- 4 tablespoon butter, melted
- 5 tablespoon canned pumpkin
- 1/4 cup granulated sugar
- 1/4 teaspoon salt
- 1 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon allspice
- few drops of orange gel food coloring

HOW TO

- Prepare the pancakes batter with canned pumpkin.
- Add orange food coloring.
- Mix flour, sugar, cinnamon, vanilla, and water to make the syrup ([details in the full article](#)).
- Add black food coloring gel.
- Put syrup into a squeeze bottle and decorate your pancakes.



MEATBALL MUMMIES



INGREDIENTS

- 1 roll of prepared Pizza Dough
- 18 cooked meatballs (homemade or frozen & defrosted)
- 6 strands raw spaghetti
- 12 edible eyeballs
- 1 tablespoon melted butter (optional)
- Pasta Sauce for serving

HOW TO

- Wrap your meatballs in pizza dough (you can use a raw spaghetti straw to keep the meatballs in place).
- Bake for 20 minutes.
- You can add edible eyeballs made out of cheese and olives.



PEPPERONI PIZZA POCKETS



INGREDIENTS

- 1 9-inch pie crust homemade or store bought
- 1 1/4 cups of shredded mozzarella cheese
- 1 cup pepperoni slices I prefer turkey pepperoni
- 1 cup marinara sauce1 egg

HOW TO

- Preheat your oven to 350 degrees.
- Cut out your pumpkin shapes from the pie crust.
- Top them with mozzarella and pepperoni.
- Lay the 2nd layer on top and crimp the edges.
- Bake for 15 to 20 minutes and serve with a pizza sauce.



MUMMY PUFF PASTRY PIZZA PIES



INGREDIENTS

- 375 g ready rolled puff pastry
- 2 tbs tomato puree
- ¼ bell pepper
- 1 spring onion
- 25 g mini pepperoni slices
- 75 g cheddar cheese + extra slices for the eyes
- edible marker pen or food colouring

HOW TO

- Preheat your oven to 390 degrees.
- Cut out the circles from the puff pastry.
- Spread a thin layer of tomato puree over the circles.
- Pile the toppings in the center of each circle.
- Cover it in strips of leftover puff pastry.
- Bake in the oven for 15 minutes.



SWEET POTATO

Jack-o-Lanterns



INGREDIENTS

- 2 medium sweet potatoes
- avocado oil (can sub your favorite cooking oil)
- sea salt

HOW TO

- Preheat the oven to 425 degrees.
- Slice your sweet potatoes.
- Cut out Jack-o-Lantern faces on each sweet potato round. Drizzle the sweet potatoes with oil, add a sprinkle of salt.
- Bake for 25 – 30 minutes.



MINI HALLOWEEN APPLE PIES



INGREDIENTS

- can of apple filling
- pre-made pie crust
- pumpkin shaped cookie cutter

HOW TO

- Preheat your oven to 350 degrees.
- Cut out your shapes from the pre-made pie crust.
- Scoop a tablespoon of pie filling onto the bottom part.
- Cover it with the top part and crimp the edges.
- Bake for 15 minutes.



HALLOWEEN TORTILLA CHIPS



INGREDIENTS

- flour tortillas
- corn tortillas
- soy sauce
- spaghetti sauce

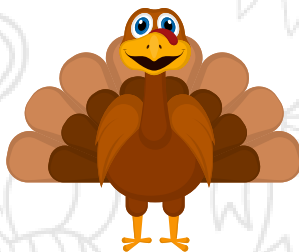
HOW TO

- Preheat your oven to 350 degrees.
- Cut out the shapes from tortillas.
- Dip them into soy sauce or tomato sauce.
- Bake them for 12 – 14 minutes.



THANKSGIVING

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CANDY PRETZEL TURKEY BITES



INGREDIENTS

- 12 pretzel twists
- 36 pieces of candy corn
- 12 rolos
- 12 reese's pieces
- 24 candy eyeballs

HOW TO

- Preheat your oven to 300 degrees.
- Place pretzels with the salted side down with the double rounded end pointed toward you.
- Unwrap rolo candies and place them in the center towards the top of the pretzel.
- Place them in the oven until the chocolate softens, about 1 minute.
- Start decorating.
- Place them in the freezer to solidify.



SUGAR COOKIES



INGREDIENTS

- sugar cookies
- chocolate frosting
- nutter butter cookies
- small pretzel twists
- mini chocolate chips
- small red candies

HOW TO

- Take your sugar cookie and frost it with your chocolate frosting.
- Lace a nutter butter cookie a third of the way down the cookie to make the reindeer face.
- Take a pretzel twist and place it on one side of the cookie. Then, duplicate on the other side.
- Use a little frosting and attach two mini chocolate chips to the cookie for the eyes.
- Finally, attach a red M&M or other red candy with frosting for a nose.



CANDY TURKEYS



INGREDIENTS

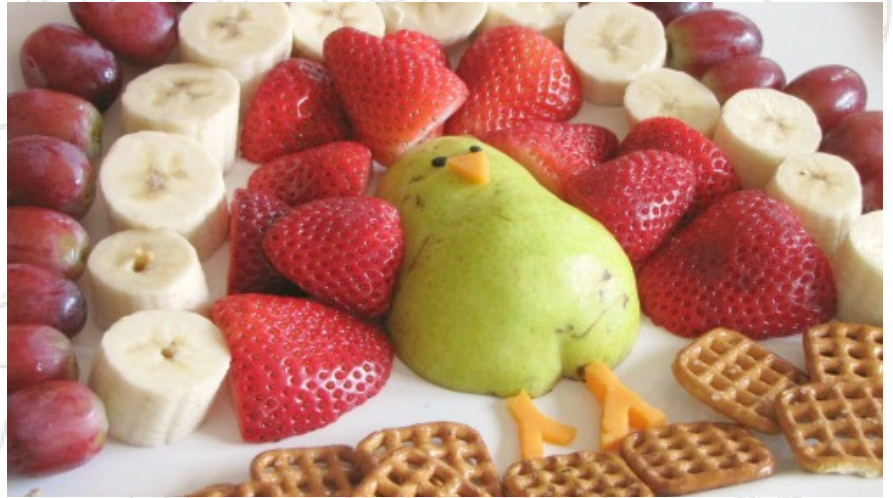
- candy Corn
- whoppers
- mini peanut butter cups
- chocolate frosting
- yellow Frosting
- optional: Red frosting
- optional: black sprinkles for eyes

HOW TO

- Grab a cookie, put frosting in there - it holds in the candy corn a little better - give it a little squeeze of chocolate.
- Stuff in your candy corn.
- Put a dab of frosting on the opposite end of the cookie and secure it to the "base" cookie.
- Place a dab of frosting on the peanut butter cup, and place it on the cookie.
- Heads - put frosting on the side of the whopper.
- Draw on some little yellow feet.
- You can add a little gobble gobble.



CHOCOLATE TURKEY FONDUE



INGREDIENTS

- your favourite fruits
- chocolate
- fondue set

HOW TO

- Chop your favorite kinds of fruit.
- Prepare fondue set.
- Dip it into the chocolate and enjoy it.



PIZZA TURKEY



INGREDIENTS

- pizza crusts
- pizza sauce
- salami
- peperoni
- pepper
- grated cheese

HOW TO

- On your pizza crust spread your sauce & sprinkle on your cheese.
- Slice up your red & yellow bell peppers into rings.
- Layout your favourite pizza ingredients - make them look like a turkey.
- Bake it just like you normally would.



TURKEY SHAPED SANDWICH



INGREDIENTS

- 2 slice of sandwich (bread)
- cheddar cheese
- white cheese
- black olives
- a red mike and ike or piece of red pepper or even a little bit of cranberry sauce
- a sharp knife

HOW TO

- Have your sandwich entirely made.
- Cut out the turkey shape using a sharp knife.
- Cut an eye shape from the white cheese and a small triangle out of the yellow cheese for a beak.
- Cut tiny pieces of black olive to look like pupils for the eyes, then place the candy piece, pepper, or cranberry sauce along the beak as the snood.



THANKSGIVING TURKEY PEPPERS



INGREDIENTS

- yellow pepper
- green pepper
- red pepper
- carrot
- a knife

HOW TO

- Cut off the stem and a little “head” out of one of the peppers.
- Slice a carrot for the beak.
- Slice the peppers into strips.
- Filled pepper with hummus and pepper feathers.



PUMPKIN HUMMUS



INGREDIENTS

- 1 ½ tsp minced garlic
- 1 can chickpeas (15 oz)
- 1 ½ C pumpkin puree
- ½ tsp salt
- 1 tsp ground cumin
- 1 lemon, juiced
- 1 TBSP extra virgin olive oil

HOW TO

- Boil/soak your own dried chickpeas for this recipe, or make it with canned chickpeas.
- Add your drained and rinsed chickpeas, pumpkin puree, salt, cumin, lemon juice, and extra virgin olive oil to a food processor.
- Process until completely blended.
- Serve immediately or cover and store in the refrigerator.



CHRISTMAS

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CHRISTMAS GINGERBREAD



INGREDIENTS

- 150g unsalted butter, cubed
- 1/2 cup (125ml) golden syrup
- 1/2 cup (110g) firmly packed brown sugar
- 1 teaspoon bicarbonate of soda
- 3 cups (450g) plain flour
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking powder
- 1 egg
- writing fudge
- rainbow choc chips

HOW TO

- Preheat your oven to 350 degrees.
- Cut out the shapes from tortillas.
- Dip them into soy sauce or tomato sauce.
- Bake them for 12 to 14 minutes.



CHRISTMAS SUGAR COOKIE BARS



INGREDIENTS

For the sugar cookie bars:

- 1 stick (1/2 cup) salted butter softened to room temp
- 1 cup sugar 1 egg
- 1 tsp vanilla
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/4 cup festive sprinkles

For the frosting:

- 2 cups powdered sugar
- 1 stick (1/2 cup) salted butter softened to room temp
- 3 tbsp cream cheese softened
- 1 tsp vanilla
- 2 tbsp milk

HOW TO

- Preheat oven to 350f degrees.
- Beat together butter and sugar until fluffy, then beat in egg and vanilla, beat in flour and baking powder.
- Gently stir in the sprinkles.
- Spread batter into the prepared baking pan and bake for 20 minutes.
- Make the frosting, and blend the ingredients.
- Spread frosting generously on the cookie bar, and top with an additional sprinkle.
- Cut into squares.



CHRISTMAS CIRCLE COOKIES



INGREDIENTS

Cookie:

- 1 cup butter, softened
- 1 cup sugar 1 large egg
- 2 tablespoons milk
- 1 1/2 teaspoons almond extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder

Frosting:

- 6 cups powdered sugar
- 2/3 cup butter, softened
- 1 tablespoon vanilla
- 4 to 6 tablespoons heavy whipping cream

Decorations:

- food color & decorator sugars

HOW TO

- Preheat oven to 400°F.
- Combine 1 cup butter and sugar in a bowl & beat until creamy.
- Add egg, milk and almond extract; continue beating & add flour and baking powder.
- Refrigerate the dough for at least 2-3 hours.
- Roll out the dough and cut round cookie with cutter.
- Bake for 6 to 8 minutes.
- Decorate with frosting and decorations.



STAINED GLASS COOKIES



INGREDIENTS

- 1 cup butter, softened
- 1 cup sugar
- 1 large egg
- 2 tablespoons milk
- 1 1/2 teaspoons almond extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- food color

HOW TO

- Prepare the cookie dough as directed (e.g. use [Christmas Circle Cookies](#) recipe).
- Preheat the oven to 375°F.
- Cut trees out of dough, and to the trees, cut out circles (as photo).
- Bake for 9 to 12 minutes.



CHRISTMAS TRUFFLES



INGREDIENTS

- 1 package Oreos (14.3 oz or 45 cookies)
- 1 cup (8 oz or 226 g) cream cheese, room temperature
- 2 1/2 cups (437 g) semisweet chocolate (or white chocolate)
- sprinkles for decorating

HOW TO

- Crush oreo in a blender and add cream cheese.
- Place in the fridge for about 45 minutes.
- Roll the mixture into a ball.
- Place balls on the prepared baking sheet and transfer to the freezer for an hour.
- Melt the chocolate.
- Dip a truffle in the melted chocolate & add sprinkles.



WATERCOLOUR SNOWFLAKE



INGREDIENTS

- 1 dough of sugar cookies
- 4 cups confectioners' sugar
- 3 Tbsp meringue powder
- 6 Tbsp water, plus more to thin
- 1 Tbsp light corn syrup
- ½ tsp vanilla extract or lemon juice (optional)
- gel food coloringsanding sugar, sprinkles, or sugar pearls (optional)

HOW TO

- Prepare the cookie dough as directed (e.g. use [Christmas Circle Cookies](#) recipe) & cut out snowflakes.
- Bake for 6-8 minutes or until edges are lightly browned.
- Place the confectioners' sugar and meringue powder in the bowl and mix.
- Add the water and mix on medium-low until combined.
- Add the corn syrup and vanilla or lemon and mix to combine.
- Split the icing in half - in one, put blue food colouring.
- Decorate snowflakes [according to these instructions](#).



PEANUT BUTTER RITZ CRACKER COOKIES



INGREDIENTS

- 12 ounces melting candy (white, colored, or chocolate)
- 24 Ritz crackers
- 3/4 cup creamy peanut buttersprinkles and candies to decorate

HOW TO

- Melt the melting candy according to the package directions.
- Pipe peanut butter in between Ritz crackers to make cracker sandwiches.
- Dip the cracker sandwiches in the melted chocolate.
- Use a fork to remove and tap the edge of the bowl to allow excess chocolate to drip off.
- Place on a silicone baking mat or parchment paper to cool and harden.
- Decorate with sprinkles and candy before the chocolate is hard.





COOK WITH ANNIE

COOKBOOK

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Happy cooking and happy eating!
Annie Baby Monitor Team



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