

Using Baby Food in Recipes

How to use WIC eligible baby foods to create exciting new foods for your older infant.

Once your baby can sit up and bring their hands or other objects to their mouth, you can start to give them finger foods to help them learn to feed themselves.



Broccoli & Cheddar Nuggets (Appropriate for 9 to 12 month olds)

1½ cups potato baby food jar, or mashed/
pureed potatoes
⅓ cup broccoli baby food jar
½ cup grated cheddar
1 large egg
1 cup bread crumbs
1 cup plus 3 tablespoons baby cereal
2 tablespoons butter
Salt to taste and ¼ tsp garlic powder for
seasoning

1. In a large bowl, mix potato, broccoli, cheese, egg, 3 tbsp. of baby cereal, salt, garlic powder.
2. Place the cup of breadcrumbs in a shallow dish.
3. With your hands, shape the potato mixture into balls, and then flatten slightly to form nuggets. Dip each nugget in the leftover bread crumbs until covered completely.
4. Heat 1 tbsp. butter in a large nonstick skillet over medium heat. Add half the nuggets and cook 4 minutes on each side until golden brown.
5. Finish by repeating with the other half.
Enjoy!

Teething Biscuits (Appropriate for 6 to 8 month olds)

- 1 cup flour
1 cup baby cereal
3 tablespoons melted butter or cooking oil
1 jar vegetable or fruit baby food
1. Preheat oven to 425 degrees.
 2. Mix together flour, baby food, and cereal.
 3. Slowly stir in the oil or butter.
 4. Mix a little ice water at a time (starting with ¼ cup) until dough begins to form into a ball.
 5. Sprinkle some flour onto a surface and then place dough on top to flatten into thickness of a cracker.
 6. Bake on an ungreased cookie sheet for 10 to 12 minutes, or until golden brown. Cool all the way before eating.

Peach-Banana Smoothie (Appropriate for 9 to 12 month olds or spoon feed to 6 to 8 month olds)

Mix in a blender:

- ▶ ½ cup breastmilk/prepared formula
- ▶ 1 jar of peach baby food
- ▶ 1 jar banana baby food
- ▶ ¼ jar of squash baby food
- ▶ ¼ cup baby cereal (add more for thickness if desired)
- ▶ Optional: 1 tsp cinnamon



1-800-255-5942 | azwic.gov

This institution is an equal opportunity provider.

Pureed Helpful Hints



Fruits

- ▶ Add to plain yogurt, oatmeal or cottage cheese
- ▶ Add to baked goods like muffins, quick breads, waffles or pancakes
- ▶ Blend into a smoothie
- ▶ Spread on toast or baby safe crackers

Veggies

- ▶ Add carrots, peas and/or green beans to meatballs; up to four ounces of puree per pound of meat
- ▶ Add squash to mac and cheese

- ▶ Add any vegetable to make pasta sauce. Sweet potato, pumpkin, winter and summer squash make great additions to tomato sauce. Green purees like pea, zucchini, kale, and spinach taste great when stirred into a pesto.
- ▶ Add vegetables to mashed potatoes
- ▶ Add vegetable purees into soups or stews

Infant Cereal

- ▶ Baby cereal can be added to yogurt or smoothies for added texture
- ▶ Use baby cereal in place of bread crumbs in any recipe



FDA Guidelines for Safe Storage of Baby Foods

Solids - Opened or freshly made	Refrigerator	Freezer
Homemade baby foods	1 to 2 days	3 to 4 months
Meat/vegetable combinations	1 to 2 days	1 to 2 months
Strained fruits and vegetables	2 to 3 days	6 to 8 months
Strained meats and eggs	1 day	1 to 2 months

Visit the [CDC website](https://www.cdc.gov) for more choking hazard information.

Reminder

Do not feed honey or cow's milk as a drink to children under one year of age. Always check with your child's doctor if there is a family history of food allergies.



1-800-255-5942 | azwic.gov

This institution is an equal opportunity provider.