

## Yes, You Can Make Your Own Baby Food

by Kristine Roberson, [MyMamaSaid.com](http://MyMamaSaid.com)

We've all seen those cute, little jars at the grocery stores and cooed over the Gerber baby. But have you ever actually tasted that stuff? And if you have, could you recognize what you were tasting?

Store-bought baby food is convenient and does come in great packaging (what new parent can refuse those cute little jars?). But those jars hold more than the fruits, vegetables and meats contained in the jar labels. They also contain fillers, some have added preservatives and excess water. And, how can you guarantee where the produce is coming from and how fresh it was before it was pulverized beyond recognition? And, most frugal parents will tell you the iddy-bitty price for those iddy-bitty jars adds up to a not-so-iddy-bitty grocery bill.

In steps homemade baby food. Believe it or not, it is fast, easy, very economical and, above all, healthy. And, what better way to get your baby used to your cooking than to offer your wares to him right from the start?

With just a couple of common appliances you probably already have in your kitchen, you can make your own baby food. As far as cuisine goes, what's easier than cooking up some veggies and pulverizing them in a blender, food processor or food mill? You will be cutting at least two-thirds of your grocery bill relating to baby food, and you will have the comfort of knowing where each and every ingredient came from. Just spend a couple of hours a week in your kitchen, and you will have at least two weeks worth of food for your baby.

To get you started, here are two recipes my baby ate right up — carrots and apples.

The directions apply to both recipes:

### Carrots

A bunch of small-medium carrots or a few large carrots  
Water, formula or breast milk

### Apples

2 apples (sweet variety)  
Water, formula or breast milk

**Directions for both:** Trim, peel and chop carrots and apples (remember to core the apples, too). You can either steam the carrots for 15 minutes and the apples for about 10 minutes (this will retain the most vitamins and minerals) or cook them until soft. Do not cook them together.

When the carrots and apples are softened, transfer them to the appliance of your choice. I have used a blender and a food processor with success both times. Add a little bit (1-2 tbs at a time) of the liquid of your choice, and puree. The consistency should be smooth -- like the food you see in the baby food jars at the grocery stores!

Serve immediately, or freeze in individual servings. To do this, transfer the puree to an ice cube tray (each cube should be a generous tablespoon). Wrap in freezer wrap and freeze. Then pop the food out of the ice cube tray and place in a freezer bag with a use-by date (you can freeze them for up to three months, but if you used formula or breastmilk, only freeze for six weeks).

Enjoy!

*Kristine Roberson is mom to 2-year-old Kaleb (who has given his personal stamp of approval on homemade baby food) and owner of [MyMamaSaid.com](http://MyMamaSaid.com), a web site with tips, advice and support for all moms. She and her husband run [Roberson Publishing](http://Roberson Publishing), a desktop publishing and web design business. Visit [MyMamaSaid.com](http://MyMamaSaid.com) for more baby food recipes.*

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