



**Reminder: *DO NOT***  
*feed honey or cow's milk to*  
*children under 1 year of*  
*age.*



Always check with your  
 child's doctor if there is a  
 family history of food  
 allergies.



## Peach-Banana Smoothie

### Mix in a blender:

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

*\*Try using other infant fruits and  
 veggies for a variety of flavors!*



### Additional Resources for Infant Nutrition:

Healthy children.org

<https://fnic.nal.usda.gov/lifecycle-nutrition/infant-nutrition>



## *Using Baby Food in Recipes*

**How to use WIC eligible baby  
 foods to create exciting new  
 foods for your infant and  
 toddler**



*USDA is an equal opportunity provider.  
 Provided to you by the Pima County Health  
 Department*



## Teething Biscuits

### **Food You Need:**

- 1 cup flour
- 1 cup baby cereal
- 3 tablespoons melted butter or cooking oil
- 1 jar vegetable or fruit baby food

### **Make It!**

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

## Helpful Hints:

### Pureed Fruits

- Spread on toast or baby safe crackers
- Use as a dipping sauce for teething biscuits
- Add to plain yogurt or cottage cheese
- Add to baked goods like muffins, quick breads or pancakes

### Pureed Veggies

- Add carrots, peas or green beans to meatballs
- Add squash to mac and cheese
- Add any vegetable to spaghetti sauce
- Add vegetables to mashed potatoes

### Infant Cereal

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



## Broccoli & Cheddar Nuggets

### **Food You Need:**

- 1 ½ cups potato baby food jar, or mashed/pureed potatoes
- 1/3 cup broccoli baby food jar
- ½ cup grated Cheddar
- 1 large egg
- 1 cup plus 3 tablespoons baby cereal
- 2 tablespoons butter
- ½ tsp salt and ¼ tsp garlic powder for seasoning

### **Make It!**

- In a large bowl, mix potato, broccoli, cheese, egg, 3 tbsp. of baby cereal, salt, garlic powder.
- Place the cup of breadcrumbs in a shallow dish.
- With your hands, shape the potato mixture into balls, and then flatten slightly to form nuggets. Dip each nugget in the leftover breadcrumbs until covered completely.
- 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.
- Finish by repeating with the other half. Enjoy!