



# EXTRA BABY FOODS

## Safety Tip:

Opened jars of baby food fruits & vegetables should be refrigerated and used within 2 to 3 days. Opened jars of baby food meats should be refrigerated and used within 1 day.

*As babies grow, they will start to like table foods more than baby foods. This may leave you with some extra baby foods. Baby foods are just blended foods and can be an easy way to add extra vitamins, minerals, fiber, and protein to your baby's and family's diet.*



## Pastas

- Baby food squash, sweet potatoes, or carrots can be a good addition to macaroni and cheese.
- Surprise your family with extra servings of vegetables by adding some baby food to your spaghetti sauce.

## Favorite Recipes

- Baby food can be an easy way to add extra nutrition when you are cooking. Add your favorite flavor of baby food fruits, vegetables, or meats to a casserole to increase vitamins, minerals, protein, and fiber.
- Add baby food to marinades when cooking meats, fish, or poultry.
- Use baby cereal instead of breadcrumbs in any recipe.
- When making meatballs, sloppy joes, or taco meat try adding a few spoonful's of baby food for extra nutrition.



## Dips & Spreads

- Baby foods are a readymade and healthy dip your baby and older kids will love. Try dipping meats, fruits, vegetables, or crackers into baby food fruits or vegetables.
- Thinly spread baby food fruits on peanut butter sandwiches or toast like jelly.
- Baby food fruits and vegetables can be a delicious topping for crackers, cooked vegetables, or meats.



## Soups

- Add a little baby food vegetables into soups for a thicker, more nutritious soup.
- Baby food meats can also be added to soups to add extra protein and flavor.

## Baking

- When baking, baby food can be used instead of fat. Substitute half of the fat, in the recipe, with baby foods like apples or pears. If it works well, next time try substituting more than half of the fat with baby foods.

For example: Instead of 1/2 cup of butter, try 1/4 cup baby food and 1/4 cup butter. Instead of 1 cup of oil, try 1/2 cup baby food and 1/2 cup oil.

- Another idea could be to use baby food bananas in banana bread.



## Breakfast & Snacks

- Add baby food vegetables to scrambled eggs for fun colored eggs your kids will love.
- Prepare baby cereal with an exciting twist by adding fruits like cut up bananas, peaches, or strawberries. Sweeten with baby food fruits.
- Sweeten plain yogurt with baby food fruits. Add baby cereal as a topping.
- For a frozen treat, add baby food fruits, vegetables, or cereal to your favorite smoothie recipe. Freeze baby food fruits in popsicle molds to make fruit pops.

## Mini Pancakes

1 1/2 cups all-purpose flour (or 1 cup whole wheat flour)

1/2 cup uncooked **baby rice cereal**

1/2 cup uncooked **baby oatmeal cereal**

1 cup milk

1 jar 4.25 ounces of **baby food (banana, apple, pumpkin, sweet potato, be creative!)**

1 Tbsp. unsalted butter melted

3 egg yolks

1/2 to 1 cup 100% juice or water

Add cinnamon, nutmeg, vanilla or other spices if you wish

1. Mix all ingredients together. Add the juice or water until the batter is the right thickness for pancake batter.
2. Heat griddle or skillet over medium-high heat. Pour small pancakes onto griddle or skillet and cook until golden on each side. Make small pancakes for easy finger foods for your baby.
3. Top with **baby food fruits**. Freeze extra pancakes to reheat for later.



Recipe from [wholesomebabyfood.momtastic.com](http://wholesomebabyfood.momtastic.com)