

# baby bullet.

user manual



Make a week's worth of  
all-natural baby food in minutes!



Baby Bullet, LLC

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user manual



**Make a week's worth of  
all-natural baby food in minutes!**

# **IMPORTANT SAFEGUARDS AND CAUTIONARY INFORMATION SAVE THESE INSTRUCTIONS**

## **FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR BABY BULLET.**

When using electrical appliances, basic safety precautions should always be followed including the following:

- Do not use appliance for other than intended use.
- To avoid risk of electrical shock, never immerse the cord, plug or *Power Base* in water or other liquids.
- This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will only fit in a polarized outlet one way. If the plug does not fit easily into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not modify the plug or outlet in any way.**
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
- Unplug the Baby Bullet when it is not in use, before putting on or taking off parts, and before cleaning or assembling.
- Do not pull or twist the power cord.
- Do not allow the cord to dangle over the edge of a counter or table.
- Do not allow the cord to touch hot surfaces such as the stove.
- Periodically inspect the cord and plug for damage. Do not operate any appliance with a damaged cord or plug, if the appliance malfunctions, or is dropped or damaged in any manner. If damaged, contact Customer Service for assistance in obtaining a replacement.
- Keep hands and utensils away from the blade while chopping or blending food to reduce the risk of severe injury or damage to the unit. A scraper may be used to move food around, but only when the unit is not running.
- Avoid contacting moving parts.

**• NEVER LET THE MOTOR RUN FOR MORE THAN ONE MINUTE AT A TIME AS IT CAN CAUSE PERMANENT DAMAGE. IF THE MOTOR STOPS WORKING, UNPLUG THE POWER BASE AND LET IT COOL FOR A FEW HOURS BEFORE ATTEMPTING TO USE IT AGAIN. YOUR BABY BULLET HAS AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE UNIT IF IT OVERHEATS. THE POWER BASE WILL RESET WHEN THE THERMAL BREAKER COOLS DOWN.**

**• DO NOT USE ANY OF THE BABY BULLET COMPONENTS (CUPS, LIDS, BLADES, BATCH BOWL, BATCH TRAY, MOTOR) IN THE MICROWAVE.**

- Always use your Baby Bullet on a clean, flat, hard, dry surface.
- Do not blend hot liquids in the short cup or any closed top container.

- Never blend carbonated beverages. Released gases can cause pressure to build up and the container to burst, resulting in possible injury.
- Make sure the blade base is securely screwed onto the Short Cup or Batchbowl before placing it on the Power Base.
- Never leave the Baby Bullet unattended while it is in use.
- Never run the Baby Bullet without food or liquid contents in the Cup or Batch Bowl.
- Close supervision is necessary when any appliance is used near children.
- To reduce the risk of injury, be certain that the blade is completely and firmly screwed on to the Short Cup or Batchbowl container before operating the appliance.
- Do not use the Baby Bullet outdoors.
- Blades are sharp. **Handle carefully.**
- Check gasket to make sure it is completely seated in the Baby Blend Blade or Milling Blade base before each use.
- Do not attempt to defeat the cover interlock mechanism.
- Do not use the Date-Dial Storage Cups to freeze foods. Use the Easy-pop Batch Tray to freeze foods.
- Do not fill the date dial storage cups more than 2/3 full.
- Do Not fill the batch tray freezer storage containers more than 2/3 full prior to freezing.

## **BATCHBOWL SAFEGUARDS**

- Always operate the Batchbowl with the Lid firmly in place.
- Never blend carbonated beverages. Released gases can cause pressure to build up and the container to burst, resulting in possible injury.
- When blending hot liquids, remove center piece of two-piece cover.
- Always ensure that the two-piece cover is firmly in place before operating the appliance.
- Never insert food into the Batchbowl by hand while the Baby Bullet is running. Remove the Batchbowl from the Power Base to add ingredients.

## **CLEANING SAFEGUARDS**

- **DO NOT PUT THE BABY BULLET BLADE HOLDERS AND OTHER PLASTIC PARTS IN THE DISHWASHER. SIMPLY HAND WASH WITH WARM SOAPY WATER.**
- **DO NOT SUBMERGE THE POWER BASE IN WATER. WIPE OFF WITH A DAMP CLOTH. ALWAYS UNPLUG BEFORE CLEANING.**
- **THE BABY BULLET BLADE HOLDERS AND OTHER PLASTIC PARTS SHOULD NOT BE STERILIZED IN BOILING WATER OR STEAM FOR ANY REASON AS THIS WILL WARP THE PLASTIC.**
- **WHEN WASHING BLADES, IT IS NOT NECESSARY TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM SOAPY WATER.**
- **DO NOT EXPOSE BLADE HOLDERS AND OTHER PLASTIC PARTS TO EXTREME RAPID TEMPERATURES CHANGES, AS THIS MAY WARP OR DAMAGE THE PLASTIC.**



# The Baby Bullet System

We are proud to introduce the latest member of the Magic Bullet family – the Baby Bullet! The Baby Bullet has all the power and convenience of the original Magic Bullet and so much more! Specifically **designed to make healthy, nutritious baby food in just seconds**, the Baby Bullet system is, hands down, the most convenient in baby food making for quality, efficiency and affordability.

With the Baby Bullet, in less time than it takes to go to the store and buy one jar of food, you can create several flavors of delicious, preservative free baby food using the finest organic ingredients. And guess what, you can actually save money! One organic banana costs about 30 cents and will make at least 5 ounces of banana purée. That's only 24 cents per 4-ounce serving of organic banana purée compared to 65 cents for a 4-ounce jar of non-organic banana baby food. And when you make your own baby food, you know EXACTLY what is going in it...fresh, wholesome foods and nothing else.

The best thing about the Baby Bullet Baby Food Making System is that it gives you both the tools and the information you need to **set the stage for a lifetime of healthy eating**. From identifying the signs that Baby is ready to try solids, to how to choose the perfect, freshest produce, to tips for storage... **the Baby Bullet will be with you every step of the way.**





baby bullet



# Why Homemade?

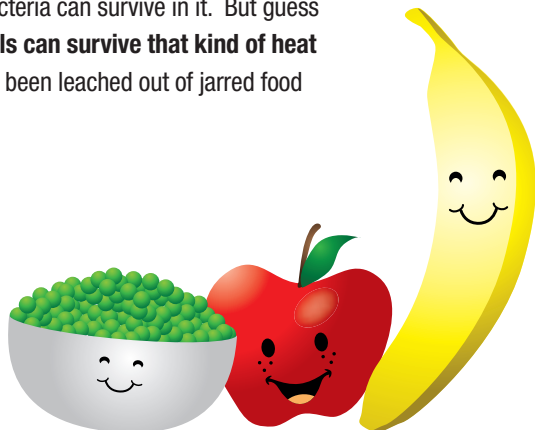
**Babies typically triple their weight in the first year. So, if we are what we eat, it's our job to make sure Baby's food is fresh and healthy!**

With the Baby Bullet, creating homemade food for your baby is a faster, healthier, less expensive alternative to buying overpriced, over processed jarred baby food.

Until now, jarred baby food has been considered the most convenient way to feed your growing baby, but now with the Baby Bullet, you can **make wholesome, homemade baby food in just minutes**. That's less time than it takes to find your keys, put the stroller in the trunk and get the baby in the car!

Did you know **that jarred baby food has a shelf life of up to 3 years**. What?? You wouldn't feed your baby a 3 year old banana, so why is it okay to feed your sweet cherub 3 year old banana baby food? How fresh can a banana be that's been sitting on a shelf for 3 years? At Baby Bullet, we feel strongly that homemade baby food is more nutritious than commercially prepared baby food because it is fresher and much less processed.

Even when jarred food is labeled both preservative free and organic, the reason it can have a shelf life of 3 years is because it's been heated to such an enormous degree that no bacteria can survive in it. But guess what – not all **vitamins and minerals can survive that kind of heat either!** So, some of the nutrition has been leached out of jarred food during that preservation process.





Baby Bullet, LLC

# The Darker Side of Jar Food

The bottom line is, jarred food is convenience food. And just as adults shouldn't eat every meal from a drive-thru, can or box, we feel it's not healthy for babies and toddlers to consume processed, packaged baby foods more than on rare occasions. At Baby Bullet, we believe that jarred food should be the exception, not the norm for feeding your baby.

**The good news is, the Baby Bullet makes it easier than ever to create healthy, nutritious baby food in just seconds... and for just pennies!**





Baby Bullet .CO

# Food Made With Love

When you make your own baby food – you know EXACTLY what is going into each meal because you pick the ingredients! No starchy fillers, no hidden salt or sugar, no scary “non-food” surprises... just your hand picked ingredients and your baby’s favorite flavor combinations made with love. Now that’s a great way to feed your baby!

## Introducing the Baby Bullet Baby Food Making System

### What You Get

#### For Preparing



Spatula



Batchbowl



Short Cup



Power Base



Milling Blade



Baby Blend Blade



User Manual and Cookbook



Pocket Nutritionist

#### For Storing



Stay-fresh Resealable Lid



Batch Tray



6 Date-Dial Storage Cups



Tray

# There Are Four Components in the Baby Bullet Baby Food Making System

## 1 Planning

When it comes to great nutrition – an ounce of planning is worth its weight in gold! That's why the Baby Bullet Baby Food Making System comes with two invaluable planning tools.

### The Pocket Nutritionist

The “magic” behind the Baby Bullet Baby Food Making System starts with your handy in-store companion, the “*Pocket Nutritionist*” which teaches parents:

- Which foods to avoid in the first year
- Which foods should be organic
- How to choose a well rounded weekly menu
- How to select the freshest produce
- Exactly how much produce to buy to meet your baby's needs
- The health benefits associated with the foods your baby eats
- And more!



This amazingly informative guide will help you navigate the grocery store aisles for exactly the right foods for your child at any age. This pocket-sized guide saves you time and money – every time you shop! NEVER LEAVE HOME WITHOUT IT!

## The Baby Bullet User Manual and Cookbook\*

This wonderfully comprehensive, easy to follow book contains everything you need to know about operating the Baby Bullet and feeding your child for the first 18 months.



The book includes:

- The signs that Baby is ready to start on solids
- The “No-No” Food List for the first year
- A Step-By-Step plan for Baby’s first meal
- The proper schedule for introducing new foods
- Eating schedules for each stage of development
- Wholesome recipes!
- A food journal for tracking favorites and reactions to foods
- How to choose a well rounded weekly menu
- And much, much more!

The *Baby Bullet User Manual and Cookbook* also includes the very important *Baby Bullet Food Journal* which helps you track your baby’s reactions as you introduce new foods. From a simple “yuck” to an allergic reaction, you have a place to note every single thing that your baby eats and exactly what happens at each meal and after each meal, so you’ll know what agrees with Baby and what doesn’t.

*\* The information contained in our guide and cookbook is not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*







## 2 Preparing

Follow the eating schedule and choose your favorite recipes for your **Stage One** Perfect Purées, **Stage Two** Tasty Textures, and whip up a week's worth of your child's favorites.

### The Batchbowl

The larger vessel, the *Batchbowl*, is for creating large amounts of baby food for storing. The *Batchbowl* is **BPA-free**.

*Never operate without the cover on.*



### The Short Cup



This cup is used to mix and store your ingredients. It is **BPA-free**.

### The Power Base

The *Power Base* is the heart of the *Baby Bullet* system. Simply place either the *Batchbowl* or the *Short Cup* on to the *High-Torque Power Base*, press down and twist...it couldn't be easier!



### CAUTION!

- **Do not submerge the Power Base in water and always unplug the Power Base before cleaning it.**
- **Always make sure the cover is on the Batchbowl when using.**
- **Keep hands and utensils away from the cutting blade while chopping or blending food to reduce the risk of severe injury to person or damage to the blender.**

### The Blades

The *Baby Bullet* comes with two blades:



The *Baby Blend Blade* is for puréeing and blending foods.



The *Milling Blade* is for milling grains to make cereals.

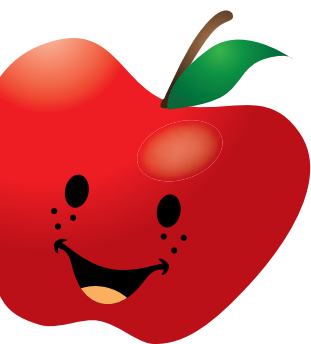
**Note:** The *Milling Blade* is only used on the *Short Cup*.

Both blades are **BPA-free**.

**Note:** *In the base of the blades there is a plastic gasket that creates an airtight seal with the *Baby Bullet* vessels.*

**CHECK GASKET BEFORE EACH USE TO MAKE SURE IT IS COMPLETELY SEATED IN THE BABY BLEND BLADE OR MILLING BLADE. THE GASKET MUST BE PROPERLY SEATED IN THE BLADE HOUSING OR IT WILL COME LOOSE. THIS CAN RESULT IN LEAKAGE AND THE POSSIBILITY THAT THE BLADE CAN HOOK THE GASKET AND CUT IT INTO PIECES.**

Refer to "Replacing the Gasket" on page 26.



### ③ Storage

It's on to storage where you decide whether to freeze or refrigerate your fabulous concoctions. The good news is that the Baby Bullet comes with our exclusive *Date-Dial Lids!* So you can spoon fresh baby food right into the *Storage Cups* and twist on the *Date-Dial Lid* to track when the baby food was created. Then, simply refrigerate!

Or, when you are making large batches of baby food, use the *Baby Bullet Soft Tip Spatula* to spoon purées right into the handy *Batch Tray*. Cover and freeze, then either pop them out as you need them, or pop them all out at once and save them in a freezer bag so your *Batch Tray* is ready to freeze even more of Baby's favorites. It's that easy!

**Note:** *Refrigerated foods need to be enjoyed within 3 days. We recommend consuming frozen foods within 30 days for optimum freshness.*

#### The Baby Bullet Storage Tools Include:

##### Six Storage Cups with Date-Dial Lids

Your Baby Bullet System comes with 6 revolutionary *Date-Dial Storage Cups* that are refrigerator friendly. Simply spoon your baby food in, twist on the lid and turn the *Date-Dial* to show the date you created the food. Now you never have to guess when you made the food – you'll know exactly when you made it. The *Date-Dial Storage Cups* are **BPA-free**.



### The Batch Tray

To save even more time and money, it's easy to make large batches of your baby's favorite foods and freeze them for later use. The *Baby Bullet Batch Tray* is perfect for freezing over 12 ounces of baby food and the **BPA-free** silicone "easy pop" cups make it a breeze to pop out one serving to several servings, or all 6 Baby Bullet servings with ease.



### The Soft Tip Spatula

The *Baby Bullet Soft-Tip Spatula* has been specifically designed to get your baby food creations into the Baby Bullet storage vessels with ease. To clean, simply give it a quick rinse with warm soapy water.





## 4 Serving

When it's chow time, serving Baby Bullet baby food couldn't be easier! For refrigerated foods, you can serve right from the storage cup or portion out a serving from the *Short Cup*. **Never save leftovers that have come in to contact with a used or dirty spoon.** Always throw out leftovers!

To defrost frozen foods, remove the food from the freezer and place into the refrigerator a few hours ahead of mealtime, or place the sealed food in a sealed plastic bag into a bowl of cold water. If you are in a rush, change the water a few times until the food is defrosted.

**DO NOT USE THE BABY BULLET CUPS OR COMPONENTS IN THE MICROWAVE FOR DEFROSTING OR WARMING.**





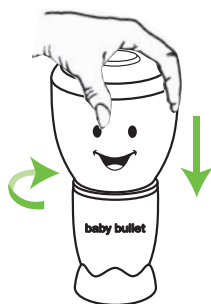
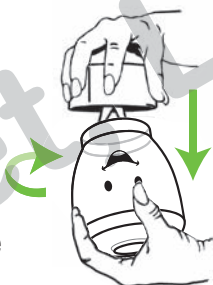
# Using the Baby Bullet Blender

## Making Large Batches of Fruit and Vegetable Purées

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food.

**Cleanliness** is VERY important when making homemade baby food.

- 1 Twist the *Baby Blend Blade* on to the bottom of the *Batchbowl* for puréeing large batches of baby food.
- 2 Add thoroughly steamed or soft boiled fruits/vegetables after it cools into the *Batchbowl* making sure any skins, cores, pits or stems have been removed.
- 3 Add 1/8 - 1/4 cup of water (you can always add more if you'd like a thinner purée).
- 4 Place the top onto the *Batchbowl* and twist into place.
- 5 Place the *Batchbowl* onto the *Power Base*, push down and twist to engage the motor.
- 6 Blend your food until you've achieved the desired consistency. Use the Pulse Technique (page 25) for creating textured foods.
- 7 Spoon your purée into the *Date-Dial Storage Cups* to store in the refrigerator. – Don't forget to set your date.
- 8 Or, for longer term storage, spoon your purée into the *Batch Tray* and freeze.



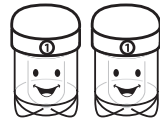
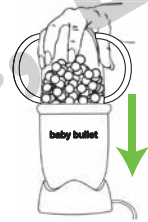
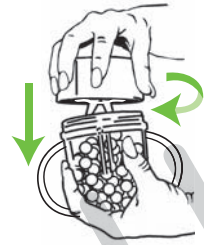
**Note: Refrigerated foods must be consumed within 3 days. Frozen foods are good for up to 30 days.**

## Making Smaller Batches of Fruit and Vegetable Purées

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food.

**Cleanliness** is VERY important when making homemade baby food.

- 1 Add thoroughly steamed or soft boiled fruits/vegetables after it cools into the *Short Cup* making sure that any skins, cores, pits or stems have been removed.
- 2 Add  $\frac{1}{4}$  cup of water (you can always add more if you'd like a thinner purée).
- 3 Twist the *Baby Blend Blade* onto the *Short Cup* for puréeing, or twist the *Milling Blade* onto the *Short Cup* for milling.
- 4 Place the *Short Cup* onto the *Power Base*, push down and twist to engage the motor.
- 5 Blend your food until you've achieved the desired consistency.
- 6 Either place into a bowl and serve or spoon your purée into the *Date-Dial Storage Cups* to store in the refrigerator.
- 7 For longer term storage, spoon your purée into the *Batch Tray*, snap on the lid and freeze.



**Note: Refrigerated foods must be consumed within 3 days. Frozen foods are good for up to 30 days.**





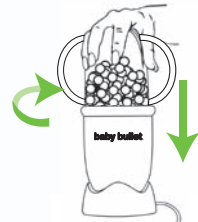
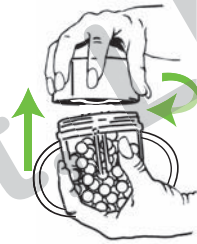
# Milling Grains and Rice For Cereals

## Short Cup Milling For Smaller Batches

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food.

**Cleanliness** is VERY important when making homemade baby food.

- 1 Add the desired amount of rice or grains into the *Short Cup*.
- 2 Twist on the *Milling Blade*.
- 3 Place the *Short Cup* onto the *Power Base* and twist to start grinding.
- 4 Grind until you've achieved a fine powder.



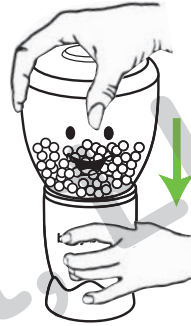


# Baby Bullet Techniques

## The Pulse Technique

The Pulse Technique comes in handy when Baby is ready for chunkier, more textured fare. Pulsing takes a tiny bit of getting used to, but once you get a feel for it, you'll be a pro in no time! To Pulse, you simply press straight down on the cup very quickly and immediately release.

**THE SECRET:** The trick to successful Pulsing is to make sure that the machine doesn't accidentally slip into puree mode. To avoid this, use your other hand to apply counter-clockwise pressure as you Pulse



## The “Shake” Technique

Sometimes, when you are working with thicker recipes, the density of the mixture can make it hard for the ingredients toward the top of the cup to make it down to the blade.

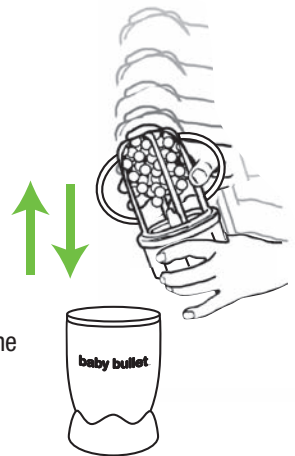
If some of your ingredients are having a hard time making it down to the blade, simply use this Shake technique.

**Step 1:** Remove the *Batchbowl/Short Cup* assembly from the Power Base... pick it up and shake it like a cocktail shaker.

**Step 2:** Place the vessel back onto the Power Base.

**Step 3:** Repeat... if necessary until you achieve the consistency you want.

**Note:** You may need to add more water to get the right consistency.



# Cleaning The Baby Bullet

Everyone hates cleaning up, which is just one more reason the Baby Bullet is such a wonderful time saver. You can make and cook fresh, homemade baby food from scratch and only use one vessel! Imagine creating tasty purées, wholesome soups and fantastic mini-meals - or turning the family's spaghetti dinner into a delicious meal fit for Baby – with just a single cup and blade! It doesn't get any easier than that!

**WARNING:**  
**ALWAYS UNPLUG THE BABY BULLET WHEN CLEANING OR ASSEMBLING.**

## Washing the Baby Bullet

Cleaning the Baby Bullet is so easy... simply hand wash any of the pieces (except for the Power Base) with warm soapy water and rinse.

- WARNING:**
- **DO NOT PUT THE BABY BULLET BLADE HOLDERS AND OTHER PLASTIC PARTS IN THE DISHWASHER. SIMPLY HAND WASH WITH WARM SOAPY WATER.**
  - **DO NOT SUBMERGE THE POWER BASE IN WATER. WIPE OFF WITH A DAMP CLOTH. ALWAYS UNPLUG BEFORE CLEANING.**
  - **THE BABY BULLET BLADE HOLDERS AND OTHER PLASTIC PARTS SHOULD NOT BE STERILIZED IN BOILING WATER OR STEAM FOR ANY REASON AS THIS WILL WARP THE PLASTIC.**
  - **WHEN WASHING BLADES, IT IS NOT NECESSARY TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM SOAPY WATER.**
  - **DO NOT EXPOSE BLADE HOLDERS AND OTHER PLASTIC PARTS TO EXTREME RAPID TEMPERATURES CHANGES, AS THIS MAY WARP OR DAMAGE THE PLASTIC.**

## Replacing the Gasket

In the base of the blades, there is a plastic gasket that creates an airtight fit with the Baby Bullet cups. **After washing a blade, check to make sure the gasket is still inside as sometimes, hand washing may cause them to become loose.**

Removing the gasket from the blade will shorten the gasket life due to constant stretching to remove and wash.

**WHEN RE-INSERTING OR REPLACING THE GASKET, IT IS IMPORTANT TO MAKE SURE THAT BOTH THE GASKET AND THE BLADE HOUSING ARE COMPLETELY DRY. ADDITIONALLY, THE GASKET MUST BE PROPERLY SEATED IN THE BLADE HOUSING OR IT WILL COME LOOSE. THIS CAN RESULT IN LEAKAGE AND THE POSSIBILITY THAT THE BLADE CAN HOOK THE GASKET AND CUT IT INTO PIECES.**

In order to insert & seat the gasket properly, we recommend as follows:

- 1) Make sure blade housing is completely dry - particularly in the gasket groove.
- 2) When looking at the gasket, one side has a slightly concave appearance, the other side is flat- below is a diagram of a cross section of a gasket:



- 3) Insert the gasket with the flat side down toward the groove.
- 4) Using the tip of a spoon or something similar, press into the concave side of the gasket into the gasket groove. Go all around the gasket to make sure that it is completely seated and tight and there are no places where the gasket is sticking up out of the groove.

**BE SURE TO INSPECT THE GASKET AFTER THE FIRST USE AND EACH SUBSEQUENT USE TO MAKE SURE IT WAS INSTALLED AND HAS NOT BECOME LOOSE OR DAMAGED.**

## Stubborn Cleanup

If ingredients dry inside the Baby Bullet, make your clean up a snap by filling the cup half full with soapy water twist on the blade and blend it for 10-20 seconds on the power base. That will loosen the stuck ingredients and with a light scrub, you'll be all done.

**DO NOT USE ANY OF THE BABY BULLET COMPONENTS (CUPS, LIDS, BLADES, BATCH BOWL, BATCH TRAY, MOTOR) IN THE MICROWAVE OVEN FOR ANY REASON.**

## Cleaning the Baby Bullet Power Base

For the most part the *Power Base* doesn't really get dirty, but if you neglect to twist the blade on to the cup tightly, liquids can leak out and get into the base and activator buttons.

Here's how to clean it up.

**Step 1:** The most important thing is to UNPLUG the *Power Base*!

**Step 2:** Use a damp rag to wipe down the inside and outside of the *Power Base*.

- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER
- NEVER PUT YOUR HANDS OR UTENSILS NEAR THE MOVING BLADE AND NEVER USE YOUR HANDS OR UTENSILS TO PRESS THE ACTIVATOR BUTTONS DOWN WHILE THE POWER BASE IS PLUGGED IN.



# Preparing for the Big Day\*

The American Academy of Pediatrics states that the best time to start feeding your baby solids is between 4 and 6 months. Some pediatricians even go on to say, the closer to 6 months, the better. Your baby's digestive system is not mature enough to handle solids until the 4th month. This may be even later for preemies. So even though people may suggest feeding your baby earlier, your baby and your pediatrician will let you know when it's time for solids.

## Signs That Your Baby Is Ready For Solid Food

Experts all agree that there are obvious signs when your baby is ready to start eating solids. Here is a comprehensive list of those signs. Please remember, even though you may get pressure from others to start your baby on solids, your baby will let you know when the time is right.

- Baby is at least 4 months old but somewhere between 4 and 6 months.
- Baby has doubled birth weight.
- Baby can sit upright with support and has the ability to “lean in” for more food.
- Baby can turn away to show that mealtime is over.
- Baby seems very interested in what you are eating.
- Baby seems consistently hungry after nursing or drinking a bottle.
- Baby can swallow food vs. instinctively pushing it out with tongue.
- Baby can bring an object to his/her mouth.

*\* The information contained in our guide and cookbook are not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*

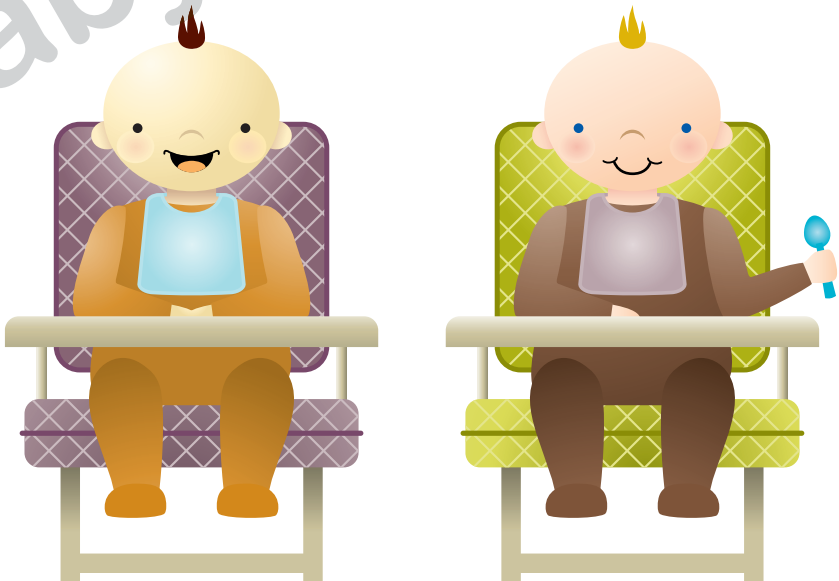
# What Do I Need?

## Vegetable Steamer or a nonstick Pot

Most foods need to be cooked before they can be puréed into baby food except for soft foods like bananas and avocados. Steaming preserves many of the nutrients inside fruits and vegetables but, boiling is another great alternative. We recommend using the water you boiled your fruits and vegetables in as it adds some of the vitamins and minerals back into your purée. Let the foods cool down before blending.

## High Chair with Tray

Choosing a high chair is an important task. Safety is always first, so stability is the first thing to test on a high chair and the safety strap is second. The strap should prevent Baby from standing or moving around too much in the chair. Then it's on to the tray which should be easy to remove (think one hand) for cleaning and should have a "lip" around the entire tray to keep food and liquids from spilling onto the floor. Comfort is another consideration, so keep that in mind when choosing your high chair and give the padding a once over to see if it's soft and cozy.





## Soft Tipped Spoons

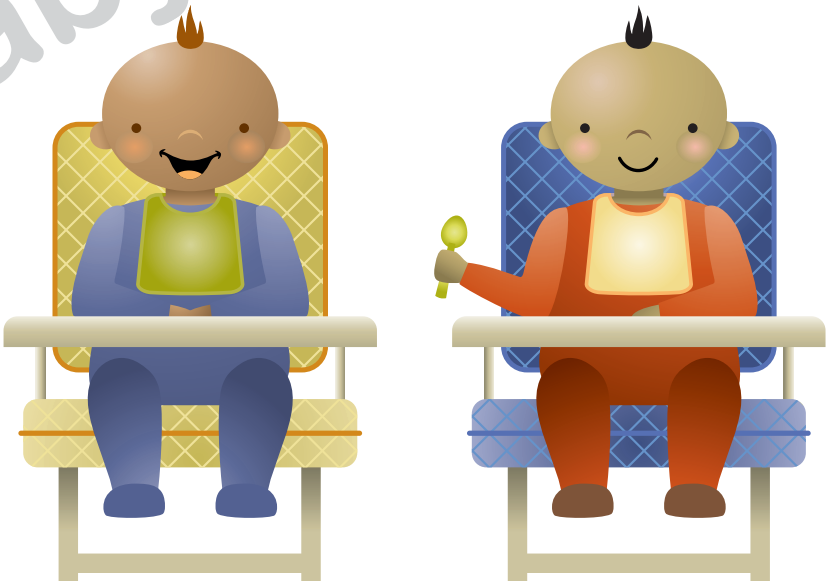
Baby's mouth is very sensitive, that's why baby stores are full of different types of spoons designed for Baby's first meals. Take a look at what's out there and decide what you think is right for your little one. It's always safe to grab one or three different spoon styles and then purchase more once you know which ones work to your liking.

## Bibs

Very little of Baby's first few meals is going to wind up in Baby's mouth. Most of it will wind up somewhere between Baby's forehead and the floor. If you want to protect Baby's cute little outfit – a bib is a must.

## Floor Mat

Which brings us to the floor mat! Much of your baby's fare will end up on the floor. To protect carpet or porous flooring, be sure to get a High Chair Floor Mat. Basically, it's a tarp to throw under Baby's high chair to protect whatever is below.



# What is on the Menu?

## Allergy Alert

Certain foods have a significantly higher likelihood to cause an allergic reaction in babies – and that’s why we’ve avoided all of those foods! With the Baby Bullet feeding program, we’ve created a schedule where only the very safest foods are offered to your baby for the first two months of eating solids. Then we introduce some low risk foods and ultimately a full spectrum of healthy foods will be offered in a manner where it’s easy to identify any possible allergic reactions so you’ll be able to quickly track that back to the culprit. Here is an at-a-glance chart to help you get an overview of what is safe and what is risky.

### First Year No-No List

Eggs	Soy	Shell Fish
Milk	Tree Nuts	
Peanuts	Fish	

- ***None of these foods should be consumed in the 1st year without pediatrician approval.***

### Other Possible Allergens

Apples	Cherries	Pears
Apricots	Fennel Seeds	Potatoes
Bananas	Hazelnuts	Sunflower Seeds
Carrots	Honeydew Melon	Tomatoes
Cantaloupe	Oranges	Watermelon
Celery	Parsely	Wheat
Corn	Peaches	

## Signs of an Allergic Reaction

Gas  
Diarrhea  
Nausea  
Vomiting  
Stomach Pain  
Coughing  
Wheezing  
Difficulty Breathing  
Lip/Face Swelling

Rash  
Clear Runny Nose  
Itching  
Irritability  
Fatigue  
Eczema  
Eye Swelling

**Note:** Even a small allergic reaction can be the first sign of a severe reaction. Please call your pediatrician at any sign of an allergic reaction!



# Prepping for the Big Day!

*Tripod with camera perfectly situated* ✓

*Excited calls to Mom and best friend* ✓

*High chair* ✓

*Soft tipped spoon* ✓

*Super cute bib* ✓

*Floor mat* ✓

*Homemade first meal made with love... it's time to make it!*

Baby's first meal will be made from one of the foods on this short list:

Banana

Sweet Potato

Pear

Yellow Squash

Zucchini

Green Peas

Apple

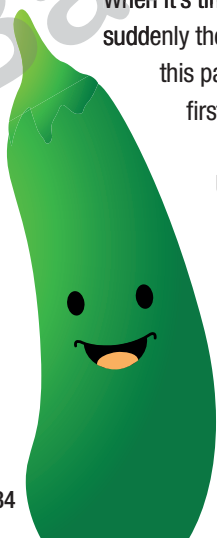
Avocado

Brown Rice Cereal



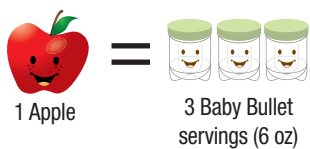
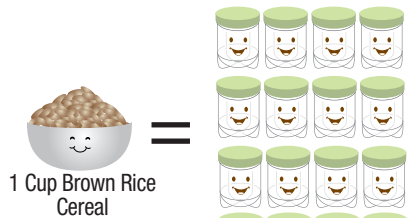
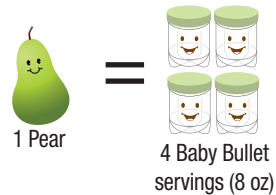
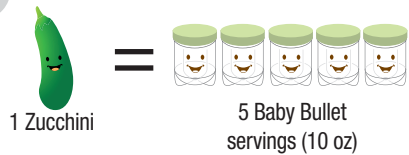
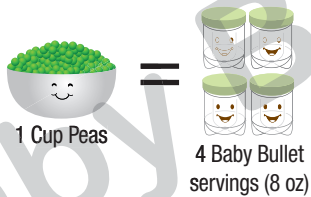
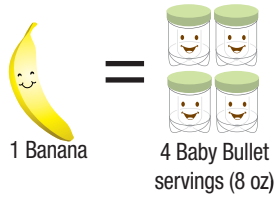
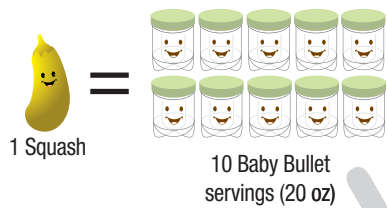
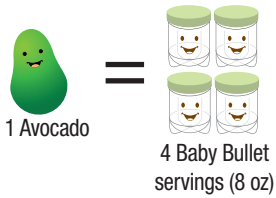
When it's time to choose the very first food that will go into your baby's mouth, suddenly the list seems rather long! Don't fret! Close your eyes and point at this page to choose the first two foods if you have to...because the very first meal will most likely be only about a tablespoon.

Using the ever-important 4-Day Food Introduction Schedule, Baby's first week on solids means only 2 foods will be introduced. Choose your 2 favorites and its almost time to use your Baby Bullet!!



# Food Chart for Months 4 - 6

Choose from these foods –



**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.

# Making the Right Amount of Food for Week One

For the first week, each meal should not be much more than a tablespoon. Food only keeps for 3 days in the refrigerator, so it's a good idea to fill 4-3 Storage Cups to the halfway mark with flavor #1 and then 4-3 Storage Cups to the half way mark with flavor #2. Fill the Batch Tray with any remaining purée and freeze for later use, so you'll have it for backup.

## Week One Flavor #1



Refrigerator

Refrigerator

Refrigerator

Refrigerator

## Week One Flavor #2



Freezer

**Important!!** Don't feed baby straight out of the cup unless you are going to finish the contents or throw away any remaining food. You cannot reuse any remaining food as germs and bacteria may have gotten in by way of the spoon.

Now, it's finally time to use the Baby Bullet! You'll be using the *Short Cup* to create Baby's First Foods, so if you need to review the instructions, turn to page 21.

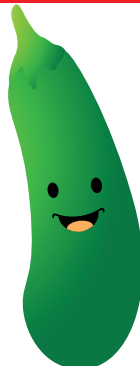
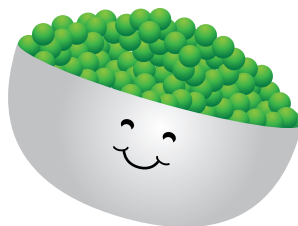
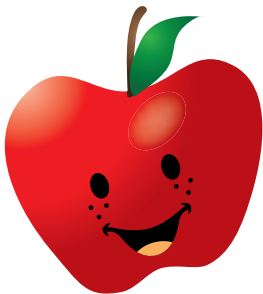
**Note:** Depending on the two flavors you have chosen...you may have some extra baby food. If so, put the contents in the Batch Tray and freeze for later use.



**Storage Reminder!** Fresh food keeps in the refrigerator for 3 days.  
Frozen food keeps for about 30 days.

**PREVENT FREEZER BURN AND LEAKAGE.**

- **MAKE SURE ALL SIDES OF THE BATCH TRAY LID ARE SNAPPED ON AND SEALED TO AVOID FREEZER BURN.**







# Ready for the Big Day!

You are officially ready! Here are some tips for making Baby's first meal a wonderful experience for both of you.

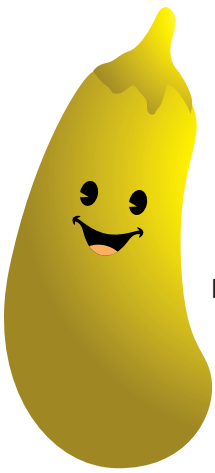
- 1 Offer the first meal at a time when Baby isn't too hungry.
- 2 Offer the first meal early in the day (morning or afternoon) just in case there is a reaction such as gas or colic.
- 3 Make sure you are in a good mood. Your attitude towards this meal has a lot to do with how this is going to go.
- 4 Offer food that is a bit warm (think 98.7 degrees) or cool. Don't overheat foods!!
- 5 The consistency of the food should be almost liquid, it should run off of the spoon. Feel free to add water, formula or breast milk to achieve the right consistency.

## Go Time!

At a regularly scheduled AM or midday feeding time, stop halfway through breast feeding or halfway through a bottle and place Baby in the highchair.

### Checklist

- 1) *Baby strapped in high chair.*
- 2) *Bib on.*
- 3) *Spoon and clean up towel.*
- 4) *Protective floor mat.*
- 5) *The liquid thin food's temperature is somewhere from moderately cool to warm.*
- 6) *SMILE.*



# Feeding Baby

Place a tiny bit of food onto the spoon and put some on Baby's lips. Then place the spoon on the bottom lip and slip the spoon gently into Baby's mouth. This may cause Baby's tongue to push the food back out. If so, use the spoon to scrape the food off of the chin area and try putting it in Baby's mouth again. Repeat.

If the tongue keeps pushing the food back out, don't worry...never push Baby to eat. If the first meal doesn't go well...no worries. Try again in a few days.

## Ending Mealtime

A closed mouth, turned head and fussiness are all signs that mealtime is over. If there is food left, throw it out. Never force Baby to continue eating when full. Throw out any leftovers that have come into contact with Baby's mouth or the spoon.

You did it! Congratulations!!! Now jot down ALL the details.

## Week 1

For week one, you will continue to feed Baby one meal a day. After 2 days, make sure you take the servings for day 3 and 4 out of the freezer and place them in the refrigerator to thaw. On day 4, take the servings for day 5 and 6 out of the freezer and place in the refrigerator to thaw.

## Week 2

For week 2, you can offer a third flavor, but stay on the 4-Day Food Introduction Schedule, but offer Baby a bit more food than in week one. Offer half of a Baby Bullet serving one time a day, but always watch for Baby to let you know when mealtime is over.

## Moving forward

Depending on your baby's age at the time of the first meal, you may be looking at 2 servings a day pretty quickly. Follow Baby's lead. If all meals are being polished off with glee, go ahead and try another meal 3-4 hours after the first one. As Baby gets more used to eating, you will be ready to follow the Stage One Feeding Schedule on page 45.

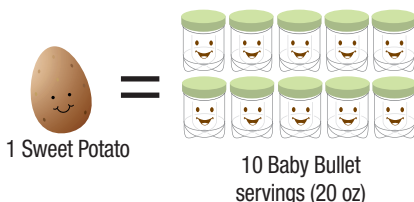
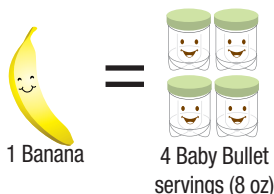
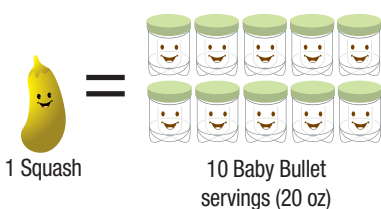
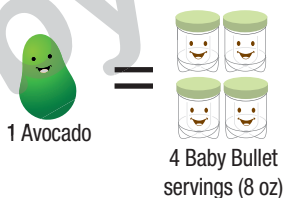


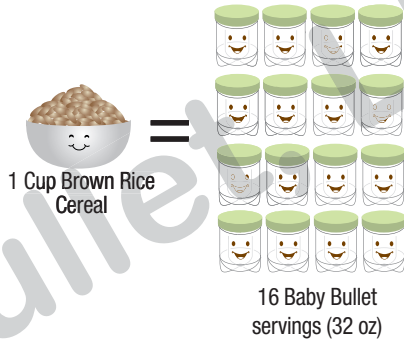
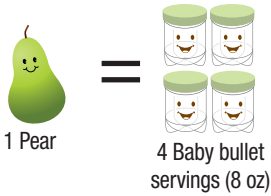
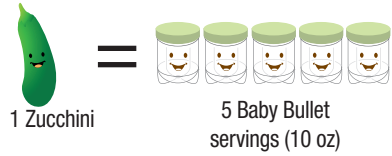
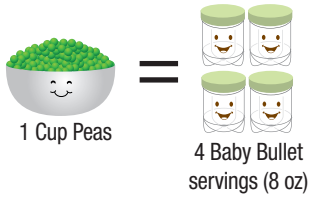
# Stage One - Perfect Purées

Stage One foods start with Baby's first meal and go for the next 6-8 weeks. During Stage One, very simple, low allergy risk ingredients are puréed to a very thin consistency. New foods should be introduced on a 4-day schedule, which means that only one new food is introduced per 4-day period. This is critical for tracking any allergic reactions to a particular food. Record what Baby ate, what time, how much and any reactions to the food. (Bowel Movements, cranky, rash, etc).

If you need journal pages, you can print them out at:  
[www.babybullet.com/journal](http://www.babybullet.com/journal)

## Food Chart for Months 4 - 6





**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.





Every child is different, but this chart is a great place to help you start determining your baby's food needs for the day. Remember to start with just one food and stick with that for 4 days. Then, work in a new food and eat only those two foods for the next 4 days and so on and so on until your baby has tried all of the foods on the safest foods list. **Never introduce more than one new food every 4 days and keep good notes about each new food in your food journal.** That way if any rashes or strange poop appears, you'll be able to track it back to the offending food.

## Feeding Schedule for Months 4 - 6

Time	Food	Drink
Wake Up Time		Breast/bottle
AM	1/4 to 1 Baby Bullet servings	Breast/bottle
Noon		Breast/bottle
Afternoon	1/4 to 1 Baby Bullet servings	Breast/bottle
PM		Breast/bottle
Bedtime		Breast/bottle
<b>Foods:</b> avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato.		
<b>Food groups:</b> 2 - 4 servings of fruits and vegetables. 1 - 2 servings of cereal.		

**Food consistency:** smooth, thin purée.

**Note:** Baby will work up to two servings. Start with one and continue until Baby appears to need an additional serving. Do not reuse food that has come in contact with Baby's spoon or mouth! It can contain bacteria.

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), pots/pans, etc. when making and preparing homemade baby food. **Cleanliness** is VERY important when making homemade baby food.

*The information contained in our guide and cookbook are not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*

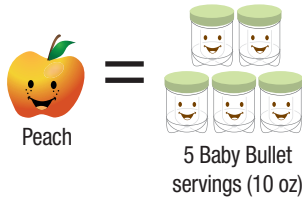
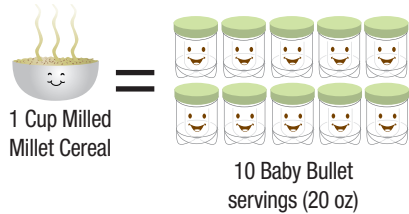
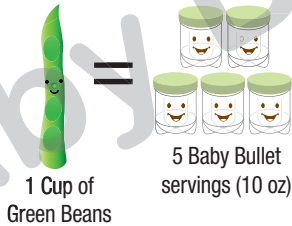
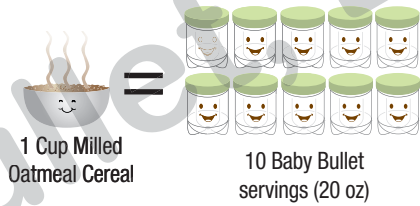
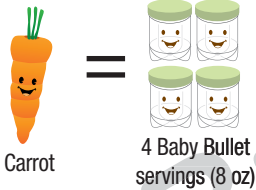
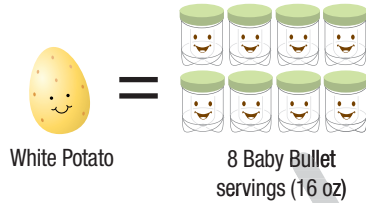
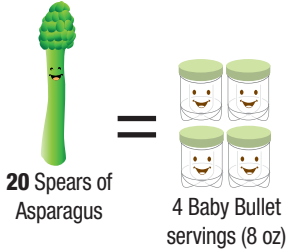
# 7 Months!

Continue to feed your little one Perfect Purées on the 4-day Food Introduction Schedule until you've tried all of the foods from the Safest Foods List. Start to mix single flavored fruit or veggie purées with brown rice, millet or oatmeal cereal to keep things interesting. Feel free to combine any of the foods that you've already sampled and know agree with Baby. So, try apple and banana or green beans and yellow squash...mix it up!!





# Food Chart for Month 7



**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.



# Additional Food Possibilities

Cottage Cheese

Tofu

All Natural Plain Yogurt

Though soy and dairy are included on the First Year No-Nos list (pg 38), some pediatricians may recommend adding small amounts of tofu, plain yogurt, and cottage cheese into Baby's diet at the 7-month mark. Check with your pediatrician to decide whether or not these foods will work for your little one, and as with all new foods, follow the 4-day Food Introduction Schedule and document all information in your Food Journal.

## Feeding Schedule for Month 7

Time	Food	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 to 1 1/2 Baby Bullet servings	Breast/bottle
Lunch	1 to 1 1/2 Baby Bullet servings	Breast/bottle
Dinner	1 to 1 1/2 Baby Bullet servings	Breast/bottle
Bedtime	None	Breast/bottle

**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal

**Food groups:** 3 - 4 servings of fruits and vegetables. 1 - 3 servings of cereal.  
1/2 serving of dairy.

**Food consistency:** Smooth purée (a little less water than last month).

# 8 Months!

Even more flavors await your baby this month. Plus, it's a great time to start creating purées with a bit more texture to keep things interesting – and delicious! Simply add a bit less water and use the Pulse Technique on page 25 to find the right consistency for Baby. (If the new texture is not appreciated, simply add more water and blend Baby Bullet servings to create a smoother purée, then try the thicker texture a few days later.) Now that Baby has so many flavors to choose from, it's a great time to start **Batch Cooking**.

Even though Baby's digestive system is maturing, it's still VERY important to use the 4-day Food Introduction Schedule for every single new food that is introduced and track any and all reactions in the Food Journal.



# Food Chart for Month 8

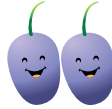


1 Cup of Cantaloupe



3 Baby Bullet servings (6 oz)

• Don't Cook



2 Plums



3.5 Baby Bullet servings (7 oz)



1 Cup of Watermelon



3 Baby Bullet servings (6 oz)

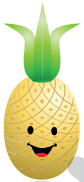
• Don't Cook



1/3 Head of Cauliflower



4 Baby Bullet servings (8 oz)



1 Cup of Pineapple



3 Baby Bullet servings (6 oz)

• Don't Cook



1/3 Head of Broccoli



6 Baby Bullet servings (12 oz)



1 Cup Kale



3 Baby Bullet servings (6 oz)



1/2 of Eggplant



6 Baby Bullet servings (12 oz)



1 cup of turnip



4 Baby Bullet servings (8 oz)

**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.



## Batch Cooking with Baby Bullet

Now is when you really get to take advantage of all that the Baby Bullet has to offer and make several flavors of baby food in minutes!

Here's how you do it:

Choose your weekly menu and determine the quantities by using the Food Charts provided in each section and in your Pocket Nutritionist. Then, boil or steam all the fruits and vegetables in a big pot, so they cook at the same time.

If you've chosen any non-cook flavors, like banana, watermelon, canteloupe, pineapple or avocado... create those purées while the other flavors cook. They just need to be skinned, peeled, cored and/or seeded.



**CHECK GASKET BEFORE EACH USE TO MAKE SURE IT IS COMPLETELY SEATED IN THE BABY BLEND BLADE OR MILLING BLADE. LOOSE GASKETS CAN COME UNDONE AND GET CAUGHT IN THE BLADE, LEAVING RUBBER PIECES IN FOOD.**

**DO NOT RUN MOTOR FOR MORE THAN ONE MINUTE, AS IT CAN CAUSE PERMANENT DAMAGE TO THE MACHINE. IF THE MOTOR STOPS WORKING, UNPLUG THE POWER BASE AND LET IT COOL FOR A FEW HOURS BEFORE ATTEMPTING TO USE IT AGAIN. YOUR BABY BULLET HAS AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE UNIT IF IT OVERHEATS. THE POWER BASE WILL RESET WHEN THE THERMAL BREAKER COOLS DOWN.**

Then, peel, skin or core the fruits and vegetables (some skins come off easily after boiling or steaming) and add ¼ to ½ cup of water (water the produce boiled in is best because it has all the nutrients) and blend to the right texture. You can create several flavors in just minutes!

For foods you plan to serve within 3 days, refrigerate in either the *Short Cup* or in the *Storage Cups*. Use the *Date-Dial* to keep track of the preparation date. For freezing, spoon into the *Batch Tray* and freeze for up to 30 days.

Creating a week's worth of delicious, wholesome baby food has never been easier! To purchase additional Date-Dial Storage Cups and Batch Trays, please visit the accessories page on [www.babybullet.com](http://www.babybullet.com) or call 1-855-514-MYBB (1-855-514-6922).

## Feeding Schedule for Month 8

Time	Quantity	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Lunch	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Dinner	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Bedtime	None	Breast/bottle

**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, lentils, turnip, kale, eggplant, pineapple, greens.

**Food groups:** 4 - 5 servings of fruits and vegetables. 2 - 3 servings of cereal. 2 servings of protein.

**Food consistency:** Smooth purée - a little thicker than last month.







# 9 Months!

## Stage Two - Tasty Textures

At this stage of Baby's development, it's time to thicken the meals up a bit. Start slow by adding well cooked rice, oatmeal or tiny pasta bits (stars are perfect) into purées. This adds a bit of texture and flavor. Stage 2 is a great time to start combining flavors as well. This will help you introduce more flavors and will help Baby develop a more mature palette.

During Stage 2 many wonderful foods can be introduced into Baby's diet. Chicken, red meat and shredded cheese... to name a few. Now that Baby has a much longer list of flavors to choose from, it's a great idea to make large batches of Baby Bullet servings in advance (see [batch cooking page 52](#)). That way, when a recipe calls for something like chicken – just throw in a thawed Baby Bullet serving of chicken – it couldn't be easier. It will save you an incredible amount of preparation time which allows you to be creative without spending too much time in the kitchen.

Stage 2 is a wonderful and fun time to start introducing finger foods such as cereal, tiny bits of fruit and minced pieces of vegetables.

## Feeding Schedule for Month 9

Time	Food	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Lunch	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Dinner	1 1/2 to 3 Baby Bullet servings	Breast/bottle
Bedtime	None	Breast/bottle

**Food:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, beets, brussels sprouts, lentils, turnip, kale, eggplant, pineapple, greens, red meat, fish, turkey, beans, cheese.

**Food groups:** 4 - 5 servings of fruits and vegetables. 2 - 3 servings of cereal.  
2 servings of protein.

**Food consistency:** Smooth purée - a little thicker than last month.

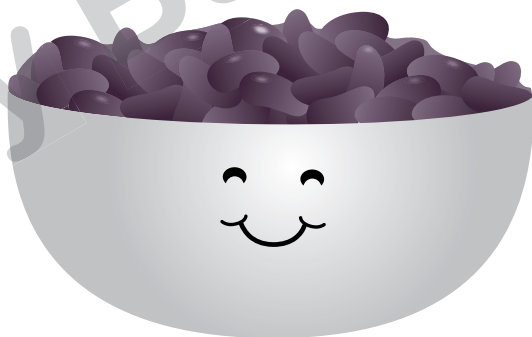
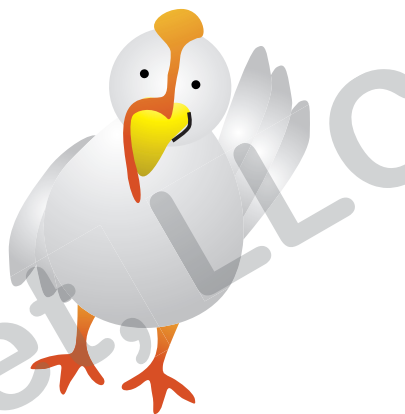


oy Bullet, LLO

# New Foods to Introduce!



- Red Meat
- Fish
- Turkey
- Black Beans
- Kidney Beans
- Garbanzos
- Shredded Cheese
- Whole Rice
- Small/Well Cooked Pasta
- Diced Veggies
- Diced Fruits



# 10 - 12 Months!

Now that Baby has grown accustomed to solid foods, you can phase out baby-only purées and start creating meals the **WHOLE** family can enjoy! Spoon an appropriate portion of your family's soup, pasta, or rice-based dish into the Baby Bullet, add water, and blend until you've achieved the proper consistency to serve to Baby as well. The less custom baby meals you prepare, the more time you will have **AWAY** from the kitchen! Family leftovers can also be puréed in the Baby Bullet and stored in the refrigerator or freezer, provided that a used utensil has not touched them.

## Self Feeding

It is very important to encourage self-feeding once your baby has reached **10 months**. Provide Baby with a spoon at each meal and serve consistencies that keep their shape when traveling from bowl to mouth to minimize spillage. Prepare tiny bits of food that Baby can pinch between fingers at every feeding; beans and small pieces of fruit make wonderful finger foods for little mouths.

Though wheat is included on the **First Year No-No List** (pg 38), many pediatricians recommend pasta and cereal as introductory finger foods. Check with your doctor to see if your child can benefit from these wheat products at the 10-month mark.

Also, if your pediatrician approves, begin adding nuts and nut butters to your baby's diet, as they are easy to prepare and full of protein, nutrients, and healthy fats. As with all new foods, follow the 4-day Food Introduction Schedule and document all reactions in your Food Journal.

## Keep Introducing New Flavors

Once you pass the one-year mark, Baby may become a bit more finicky about trying new foods, so do your best to introduce a wide spectrum of textures and flavors between the 10 and 12-month marks.

Now that Baby's dishes contain more ingredients, you will save time by making larger batches of Baby Bullet servings in advance. Schedule one or two days to cook a few favorite single-ingredient purées, and store them in the freezer (see batch cooking on g 52). You will then have several ingredients on hand when a recipe calls for a specific purée—saving you preparation time and allowing you greater creativity on a moment's notice.

# Feeding Schedule for Months 10 - 12

Time	Food	Drink
Wake Up Time		Breast/bottle
Breakfast	3 - 4 Baby Bullet Servings	Breast/bottle
Lunch	3 - 4 Baby Bullet Servings	Breast/bottle
Snack	1 - 2 Baby Bullet Servings	Water
Dinner	3 - 4 Baby Bullet Servings	Breast/bottle
Bedtime		Breast/bottle
<p><b>Foods:</b> avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, beets, brussel sprouts, lentils, turnip, kale, eggplant, pineapple, greens, nut butter, red meat, fish, turkey, beans, cheese.</p> <p><b>Food groups:</b> 4 - 5 servings of fruits and vegetables. 4 servings of grains, 2 - 3 servings of protein, 1 serving of dairy (1/2 cup yogurt or 1 oz of grated cheese).</p> <p><b>Food consistency:</b> Increase the chunkiness, plenty of finger foods.</p>		



# One Year +

What a difference a year makes! At this point of development, Baby's eating habits are becoming more like your own. Baby should be self-feeding with both fingers and spoons, and growing more vocal about likes and dislikes.

At the one year mark, it is more important than ever to serve Baby a variety of flavors and textures, as what you introduce now will set the foundation for his or her future eating habits.

Between 12 and 24 months, children tend to grow finicky and resistant to new foods. Encourage experimentation with your child by consistently serving a wide variety of options from each food group. Even if servings go untouched, your child will grow familiar with the food you prepare and more likely to actually eat it in the future.



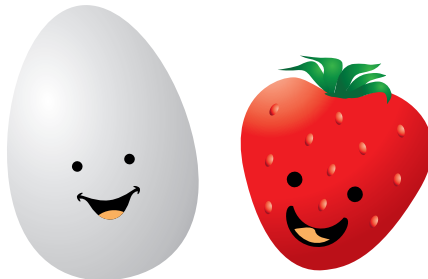
# The First Year No-No List is now Yes-Yes!

**Confirm with your pediatrician before offering any of the No-No foods (page 32) after Baby's first birthday**, but there is a good chance you are going to get the green light on the following list.

Honey  
Peanut Butter  
Citrus Fruits  
Raw Strawberries, Raspberries and Blackberries  
Egg Whites  
Whole Milk – as a drink  
Shellfish/Crustaceans

Because these foods are common allergens (hence having to wait so long to try them!) it's more important than ever to use your Food Journal and the 4-Day Food Introduction Schedule when introducing anything from the new Yes – Yes List.

Additionally, if there is a family history of allergies to any of these foods, feel free to wait a few more months to add them in. Always consult your pediatrician for advice.





# Foods to Discuss with your Pediatrician

Some foods are tougher to digest than others. Even though Baby's digestive system has come a long way, it is still developing. That being said, it's a good idea to check with your pediatrician before introducing the following foods:

Chocolate  
Cabbage  
Cucumbers  
Vanilla  
Onion (Raw)  
Vanilla Flavoring



# Add Puréed Goodness To Everything You Make

Even though your baby is developing a more mature palate, there is no need to abandon purées! The following recipes incorporate servings of **Baby's favorite purées to stand-by meal favorites for an added nutritional boost!** Add a touch of cauliflower to mac and cheese; brew up a hearty beef stew with a base of carrot, tomato, and yellow squash purée. The possibilities are endless!

For quick preparation, blend up multiple servings of a few different purées, freeze, then thaw when you're ready to use them. Baby Bullet purées will save you time and give Baby the nutrition he or she enjoys time and time again!



Baby Bullet, LLC

# baby bullet™

## user manual

**Make an entire week's worth of all natural baby food  
in less than 5 minutes!**



The Baby Bullet has all the power and convenience of the original Magic Bullet and so much more! Specifically **designed to create and store a week's worth of baby food in less than 5 minutes**, the Baby Bullet system is, hands down, the leader in baby food making for quality, efficiency and affordability.

With the Baby Bullet, in less time than it takes to go to the store and buy one jar of food, you can create 7 flavors of delicious, preservative free baby food using the finest organic ingredients. And guess what? You'll actually be **saving money!!** And when you make your own baby food, you know EXACTLY what is going in it...fresh, wholesome foods and nothing else!

The best thing about the Baby Bullet Baby Food Making System is that it gives you both the tools and the information you need to **set the stage for a lifetime of healthy eating**. From identifying the signs that Baby is ready to try solids, to how to choose the perfect, freshest produce to tips for storage... **the Baby Bullet will be with you every step of the way.**

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