



quick-cook
Baby Food Maker

**WEANING &
RECIPE GUIDE**





TOMMEE TIPPEE
quick-cook
Baby Food Maker

Before using your Tommee Tippee Quick Cook Baby Food Maker for the first time it is important that you read the instructions for use thoroughly.



Preserves nutrients
and flavour



Blends smooth
or chunky



Fruit
Vegetables



Meat
Fish

Contents

3-4

Welcome to weaning

5 - 6

Steaming and blending times

7 - 12

STAGE 1

6m+ weaning

Meal Planner Recipes

13 - 16

STAGE 2

7m+ training

Meal Planner Recipes

17 - 22

STAGE 3

12m+ active

Meal Planner Recipes

If you would like these recipes in Arabic, visit our website for recipes and a handy weaning guide tommeetippee.com



WELCOME TO WEANING

The weaning process is an exciting milestone. It will happen at your baby's pace, so don't force it, just encourage it and try to enjoy it. Over a period of months your baby will move from a diet solely consisting of breast milk or formula to sharing a family meal.

The Tommee Tippee Quick Cook Baby Food Maker is here to make those first steps on the weaning journey as simple and easy as possible. This booklet will give you guidance on steam and blend times and recipes to tailor meals for each weaning stage.



WHEN TO START WEANING?

At around six months your baby will be ready to enjoy their first tastes of solid food. Up until this time breast milk or formula will provide all of their nutritional requirements for growth and development.

Health experts agree that around six months (26 weeks) is the best time to introduce solids, this allows time for the babies digestive system to mature and also reduces the incidence of infections and allergies. However if you feel your baby is ready for solids earlier, do speak to your health visitor for advice.



STEAMING TIMES

All times are approximate per 200gms.
 Steam no more than 200gms in one cycle.
 The fill line on the container should not be exceeded when using a blend only cycle.
 Always check food is cooked and food temperature before feeding.



Vegetables

Potato 15min
 Carrot 15min
 Broccoli 15min
 Courgette 15min
 Cauliflower 15min
 Pumpkin 15min



Fruit

Apple 10min
 Pear 10min
 Orange 10min
 Peach 10min
 Plum 10min



Meat

Fish 15min
 Chicken 25min
 Veal/Beef 25min

When cooking meat, it is extremely important to pause the unit every 10 minutes and stir food thoroughly. This is to ensure even cooking.



BLENDING TIMES

The Tommee Tippee Quick Cook Baby Food Maker can be set to different times to control the texture of the food. These times can be used as a guide to achieve different consistencies for each weaning stage.



Stage 1 (6m+ weaning)

When introducing first tastes food needs to be pureed.
 Blend for **2 minutes** to get a smooth consistency.

Stage 2 (7m+ training)

Here you can start experimenting with a combination of flavours and textures from smooth to chunky.
 Blend for **20-30 seconds**.

Stage 3 (12m+ active)

Now they can eat bigger portions with a chunky texture.
 Blend for **4-10 seconds**.

The water that collects in the container is nutrient-rich and this can be kept for a smoother consistency, or discarded when preparing food for the latter stages to create a chunkier texture.



STAGE 1 6m+ weaning

When deciding which fruits and vegetables to offer, first think about the fruits and vegetables you eat most as a family.

The long-term objective is to have baby join in with family meals so it makes sense to use things that make it regularly into the family shop. It is important to offer variety as this will provide the broadest array of nutrients and will help to develop your baby's tastes.



INTRODUCTION PLAN

Start with one to two teaspoons of puree before a feed at lunchtime for the first two weeks, then as your baby progresses start to introduce one or two teaspoons at breakfast time and increase your lunchtime offer to three or four teaspoons.

Be led by your baby to finally introduce two or three teaspoons at teatime.

As your baby grows, increase the quantities and variety so by around nine months your baby is having three meals a day.

Our suggestion is to use the automatic steam and blend in the jug - this will include the nutrient rich water and make the consistency smoother!

	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9-10	WEEK 11-12
EARLY AM	💧	💧				
BREAKFAST	💧	1-2 / + 💧	2-3 / + 💧	1-2 / + 💧	2-3 / + 💧	3-4 / + 💧
LUNCH	1-2 / + 💧	3-4 / + 💧	5-6 / + 💧	3-4 / + 💧	3-4 / + 💧	3-4 / + 💧
TEATIME	💧	💧	2-3 / + 💧	3-4 / + 💧	3-4 / + 💧	3-4 / + 💧
BEDTIME	💧	💧	💧	💧	💧	💧

Once baby is managing up to three to four tablespoons you can start to substitute whole meals.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
EARLY AM	💧	💧	💧	💧	💧
BREAKFAST	💧	💧	💧	💧	💧
LUNCH	CARROT PUREE	MASHED BANANA	BROCCOLI PUREE	APPLE PUREE	PEA PUREE
TEATIME	💧	💧	💧	💧	💧
BEDTIME	💧	💧	💧	💧	💧

💧 milk feed / 🥄 teaspoon solid 🥄 tablespoon solid



CARROT

Ingredients
200g carrots

Method

Wash, peel and chop the carrots, add to the baby food maker and steam for 15 minutes.

Stir in nutrient rich water to create a smooth puree.

Blend for 2 minutes to a smooth puree.

Makes

20-25 tsp



BROCCOLI

Ingredients
200g broccoli

Method

Wash and chop the broccoli and add to the baby food maker.

Steam for 15 minutes.

Stir in nutrient rich water to create a smooth puree.

Blend for 2 minutes.

Makes

20-25 tsp





PEA

Ingredients

200g peas

(at later date add a few mint leaves for a different taste)

Method

Add 200g of peas to the baby food maker.

Steam for 15 minutes.

Stir in nutrient rich water to create a smooth puree.

Blend for 2 minutes.

Makes

20-25
tsp



APPLE

Ingredients

200g apple - 1 large or 2 small

Method

Wash, peel, core and chop the apple. Add to the baby food maker.

Steam for 15 minutes.

Stir in nutrient rich water to create a smooth puree.

Blend for 2 minutes.

Makes

20-25
tsp



AVOCADO

Ingredients

1/2 small ripe avocado

Method

No need to cook, just choose a ripe avocado and mash it up or blend it to a smooth puree.

It has an unusual texture but is full of goodness.

Makes

1
SERVING



FOODS TO AVOID

The following foods are known to be the most common allergens and it's recommended that they are never introduced before 6 months.

Introduce these one at a time so you can spot any reaction.

COW'S MILK

EGGS

WHEAT AND GLUTEN

NUTS

SEEDS

FISH OR SHELLFISH



STAGE 2 7m+ training

Once your baby is happy accepting simple fruit and vegetables you can be a bit more adventurous with the combinations and textures and slowly build up the quantities of food.

Our recommendation is to steam in the steamer basket and blend in the jug - no need to drain off any excess water from the food in the jug!

	DAY 1	DAY 2	DAY 3
BREAKFAST	PEAR & BERRY 💧	APPLE & RAISIN 💧	APRICOT & PRUNE 💧
LUNCH	SUPER GREENS 💧	MASHED AVOCADO 💧	FIRST CHICKEN & VEGETABLE PUREE 💧
DINNER	CARROT & SWEET POTATO 💧	WHITE FISH & VEGETABLE PUREE 💧	PEA & MINT PUREE 💧
BEDTIME	💧	💧	💧

💧 milk feed



PEAR & BLUEBERRY

Ingredients

1 large pear, 25g blueberries

Method

Wash, core and chop a large pear, add to the baby food maker with 25g of fresh blueberries.

Steam for 15 minutes. For a softer texture blend in the jug. For a more solid texture drain off any excess water then blend in the jug for 20-30 seconds.

This is great to add to natural yoghurt as an alternative dessert.

Makes

20-25
tsp



APRICOT & PRUNE

Ingredients

175g fresh apricots, 25g dried prunes

Method

Wash, de-stone and chop the apricots, add to the baby food maker with 25g of dried prunes.

Steam for 15 minutes. For a softer texture blend in the jug. For a more solid texture drain off any excess water then blend in the jug for 20-30 seconds.

Can be stirred into porridge and is also great to help relieve constipation.

Makes

20-25
tsp



SUPERGREEN VEGETABLE PUREE

Ingredients

50g pear, 50g broccoli, 50g peas
40g courgette, 10g spinach

Method

Wash and chop the vegetables. Add to the baby food maker and steam for 15 minutes.

For a softer texture blend in the jug. For a more solid texture drain off any excess water then blend in the jug for 20-30 seconds.

We all know we need to eat our greens but they can be a little bit bitter. The addition of pear helps balance the flavours.

Makes

20-25
tsp



CARROT & SWEET POTATO PUREE

Ingredients

100g sweet potato, 90g carrot
10g spinach

Method

Wash peel and chop the sweet potato and carrot. Add to the baby food maker with the spinach.

Steam for 15 minutes. For a softer texture blend in the jug. For a more solid texture drain off any excess water then blend in the jug for 20-30 seconds.

Makes

20-25
tsp



When cooking meat, it is extremely important to pause the unit every 10 minutes and stir food thoroughly. This is to ensure even cooking.



FIRST CHICKEN & VEGETABLE PUREE

Ingredients

50g chicken breast, 50g carrot
50g parsnip, 50g broccoli

Method

Dice the chicken breast, add to the baby food maker and cook for 10 minutes then stir.

Wash peel and chop the parsnip and carrot, wash and chop the broccoli. Add the vegetables to the baby food maker and steam for another 10 minutes. Stir thoroughly, then steam for a further 5 minutes. If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain. Blend for 20-30 seconds.

Try replacing chicken with fish for a different recipe.

Makes

20-25
tsp



APPLE & RAISIN PUREE

Ingredients

1 large apple, 25g raisins,
pinch of cinnamon

Method

Wash and core the apple, then chop (no need to peel). Add the apple, raisins and cinnamon to the baby food maker.

Steam for 15 minutes. If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain.

Blend for 4-10 seconds.

Makes

20-25
tsp



STAGE 3 12m+ active

From around nine months your baby will show a desire to feed themselves, this can be fun but rather messy, so be prepared!

Most babies have a few teeth by now so you may find you can leave the food lumpy rather than blending it to a puree.

Now is a good time to introduce finger foods such as vegetable sticks and slices of fruit. It's amazing what a few teeth and strong gums can munch through.

This is the stage to introduce lots of different textures and flavours whilst your baby is receptive to new foods.

Our recommendation is to steam in the steamer basket and blend in the jug - no need to drain off any excess water from the food in the jug!

When cooking meat, it is extremely important to pause the unit every 10 minutes and stir food thoroughly. This is to ensure even cooking.

	DAY 1	DAY 2	DAY 3
BREAKFAST	APPLE & RAISIN PORRIDGE	APRICOT & PRUNE	PEAR & BERRY YOGHURT
LUNCH	CARROT & SWEET POTATO MASH PLUS GRATED CHEESE	CHICKPEA & VEGETABLE STEW	SWEET POTATO FISH PIE
DINNER	CHICKEN RATATOUILLE	MASHED BAKED POTATO WITH TUNA	CHILLI CON CARNE
BEDTIME	💧	💧	💧

💧 milk feed



CHICKPEA & VEGETABLE STEW

Ingredients

50g chickpeas (tinned), 70g butternut squash, 50g chopped fresh tomatoes, 15g red onion, 15g spinach, 1/2 glove of garlic, pinch of mild curry powder (optional)

Method

Wash peel and chop the butternut squash, wash the broccoli and spinach. Add all of the ingredients into the baby food maker and steam for 15 minutes. If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain. Blend for 4-10 seconds. Mix with some cooked basmati rice to serve.

Makes

2-4
SERVINGS



SWEET POTATO FISH PIE

Ingredients

50g salmon fillet (white fish works just as well), 100g sweet potato, 50g peas

Method

Peel and chop the sweet potato, remove the skin from the salmon and check for bones. Add all of the ingredients to the baby food maker and steam for 15 minutes. If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain. Blend for 4-10 seconds.

Makes

2-4
SERVINGS



When cooking meat, it is extremely important to pause the unit every 10 minutes and stir food thoroughly. This is to ensure even cooking.



CHILLI CON CARNE

Ingredients

50g lean beef mince, 25g onion, 25g red pepper, 25g red kidney beans (tinned), 50g chopped fresh tomatoes, pinch of chilli powder (optional)

Method

Add lean mince, diced onion and red pepper to the baby food maker.

Steam for 10 minutes and stir.

If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain.

Add the kidney beans and chopped tomatoes (pinch of chilli powder) and steam for another 10 minutes then stir.

Steam for a further 5 minutes.

Blend for 4-10 seconds. Mix with some cooked basmati rice to serve.

Makes

2-4
SERVINGS



CHICKEN RATATOUILLE

Ingredients

50g chicken breast, 50g courgette, 10g red onion, 25g red pepper, 40g butternut squash, 25g chopped tomatoes, 1/2 clove of garlic

Method

Chop the chicken breast, red onion, red pepper and butternut squash and add to the baby food maker.

Steam for 10 minutes then stir.

Add the remaining ingredients and steam for another 10 minutes then stir.

Steam for a further 5 minutes.

If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain. Blend for 4-10 seconds.

Mix with cous cous to serve.

Makes

2-4
SERVINGS



APPLE & RAISIN PORRIDGE

Ingredients

1 large apple, 25g raisins, pinch of cinnamon, 1 tbsp of porridge oats

Method

Wash and core the apple, then chop (no need to peel). Add the apple, raisins and cinnamon to the baby food maker.

Steam for 15 minutes. If using the jug to steam and blend, drain off any excess water. If using the steamer basket, there's no need to drain.

Blend for 4-10 seconds.

Before serving stir through porridge oats.

Makes

2-4
SERVINGS



Prepare healthy
little meals
...in minutes



Steam...
blend...serve

tommeetippee.com

Ref No. 0423225RB