

baby bullet[®]

user manual + cookbook



baby food, made with love





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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 important markings on the plug prong. The attachment plug or entire cord set is not suitable for replacement. If damaged, the appliance must be replaced.

• DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. THIS UNIT IS MANUFACTURED IN COMPLIANCE WITH US AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.

• USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH VOIDS THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.

• UNPLUG THE BABY BULLET WHEN IT IS NOT IN USE. MAKE SURE THE MACHINE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, AND CLEANING.

- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury and will void the warranty.
- The use of attachments, including canning jars, is not recommended by the manufacturer and 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, MOTOR) IN THE MICROWAVE.

- Always use your Baby Bullet on a clean, flat, hard, dry surface.
- **Do not put hot ingredients in any of the blending vessels before blending. The heat from the ingredients can cause pressure to build in the sealed vessel causing possible expulsion of the ingredients and causing personal injury or property damage. Start with cool or room temperature ingredients (21°C/70°C or less).**
- Never blend carbonated beverages or leavening agents such as baking soda. 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 BatchBowl.
- 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 before each use.
- Do not attempt to defeat the cover interlock mechanism.
- Do not use the Date-Dial Storage Cups to freeze foods. Use a freezer-safe container to freeze foods.
- Do not fill the date dial storage cups more than 2/3 full.

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, DO NOT ATTEMPT 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.

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!

WASHING THE BABY BULLET

Cleaning the Baby Bullet is so easy. Simply hand wash any of the pieces (except for the Power Base) with room temperature 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, DO NOT ATTEMPT 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.

GASKET CARE

Each Baby Bullet Blade Holder incorporates a silicon gasket that creates an airtight seal with the Baby Bullet cups. Never attempt to remove the gasket ring from a Blade Holder. **Attempted removal of the gasket may permanently damage the blade configuration and cause leakage.** If in time a gasket becomes loose or damaged, please contact customer service for a replacement Baby Bullet Blade Holder at: 1-855-514-6922.

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, BATCHBOWL, 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.

SAVE THESE INSTRUCTIONS **HOUSEHOLD USE ONLY**

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.**

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Mini Meals

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Add Puréed Goodness to Everything You Make

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the **Baby Bullet** *system*

The Baby Bullet has all the power and the convenience of the original Magic Bullet, but it was specifically designed to make healthy, nutritious baby food in just seconds. It is, hands down, **the most convenient baby food maker** to help you introduce high-quality, solid foods to your baby in an affordable and efficient way!

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 while saving money! One organic banana costs about 20 cents and will make 5 ounces of banana purée compared to \$1.40 for 5-ounces of non-organic banana baby food. And when you make your own baby food, **you know exactly what is going in your baby**—fresh, wholesome foods with the highest concentration of nutrients and nothing else.

The Baby Bullet system is more than just a baby food maker. In this User Manual and Cookbook, **we have compiled the information new parents and caretakers need and want** most such as an allergy list, when and how to introduce solids, feeding schedules, and age-appropriate recipes.

Looking for more? Find Baby Bullet recipes on **NutriLiving.com**.

We are here for you and are invested in helping you raise a healthy eater!



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—all made with love. Now that’s a great way to feed your baby!

Benefits

* Fresh is Always Best

Baby Bullet purées are made with three ingredients: fresh produce, liquid (breast milk, formula or water) and love. These wholesome, nutritious ingredients are ones you are familiar with, that you can pronounce, and are free from preservatives, additives, and dyes. **Purées should be consumed within 3 days or frozen and consumed within 3 months**, always giving you access to the freshest food!

* Fast Prep Time

With the Baby Bullet, you can steam your fruits and vegetables, transform your produce into a purée, and store enough food for an entire week all in less than 20 minutes! That’s shorter than your baby’s nap!

* Easy Cleanup

A few seconds is all it takes to wash and rinse!

* Saves Money

Baby Bullet makes **fresher food at a fraction of the cost!**



FRESH BABY FOOD

No preservatives.

Steaming foods is one of the best cooking methods to preserve nutrients, and the liquid that is used to steam can be reused to purée the baby food.

As homemade blends are freshly made, they are best consumed within three days.

Homemade baby foods are often more nutrient-dense than their store-bought counterparts.

More bang for your buck.

JARRED BABY FOOD

To maintain freshness and to prevent jarred food from going bad, ascorbic acid is added as a preservative [1].

Jarred baby foods are heated at a high temperature to kill bacteria during the manufacturing process. When fruits and vegetables are cooked at high temperatures, nutrients begin to deteriorate.

Jarred baby foods can last on a shelf for up to two to three years. Gross!

Store-bought foods may be higher in added sugar than homemade meals and purées.

Ounce per ounce, jarred baby food costs 2 to 3 times more than freshly made baby food.

[1] www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm094211.htm#foodadd



What You Get

For Preparing



3-Piece Batchbowl



Power Base



Baby Blend Blade



Baby Milling Blade

For Storing



6 Date-Dial Storage Cups



Easy-Pop Batch Tray with Lid



Soft-Tip Spatula



Tip-Proof Tray



Short Cup



Stay-Fresh Resealable Lid



Extra Tools



User Manual and Cookbook



Pocket Nutritionist

4 Steps to Fresh *baby food*

1 Plan

Plan the Menu

When your baby starts to eat purées, he or she consumes 1-2 tablespoons at a time. **The first week include only one food** like avocado or banana.



The Pocket Nutritionist

- Which foods to buy organic.
- What food allergies to be aware of.
- Choosing the best foods and nutrients for your baby.
- How to introduce solids to your baby from 6 to 12 months.

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 eating solids.
- 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 food.
- How to create a well-rounded weekly menu.
- And 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 Prepare

We have the right tools for each of the three feeding stages for your baby.



The 3-piece Batchbowl & Stay-Fresh Resealable Lid

Mixes and stores baby food in one place until you serve.

Never operate without the lid on.



Short Cup

This double-handled, shatterproof cup is every baby's favorite way to enjoy first meals.



Power Base

High-powered and built for years of baby food blends.

- DO NOT SUBMERGE THE POWER BASE IN WATER AND ALWAYS UNPLUG THE POWER BASE BEFORE CLEANING IT.
- ALWAYS MAKE SURE THE LID IS ON THE BATCHBOWL WHEN USING.
- KEEP HANDS AND UTENSILS AWAY FROM THE MOVING BLADES WHILE CHOPPING OR BLENDING FOOD TO REDUCE THE RISK OF SEVERE INJURY TO PERSON OR DAMAGE TO THE BLENDER.



Baby Blend Blade

Specially designed blade makes perfect baby food blends and purées every time.



Baby Milling Blade

Mill your own fresh cereals or grains (blade only used on the Short Cup).

Note: *There is a plastic gasket in the blades that creates an air-tight seal with the Baby Bullet vessels.*

Check gasket before each use to make sure it is completely seated in the Baby Blend Blade or Baby Milling Blade. Attempted removal of the gasket may permanently damage the blade configuration and cause leakage.

If over time a gasket becomes loose or damaged, please contact customer service for a replacement Baby Bullet Blade Holder at: (877) 514-6922.

3 Store

Store freshly made purées for no more than 72 hours (or 3 days).

Once you have prepared your batch of purées, you are ready to safely store them, if not using immediately. You can refrigerate or freeze them. Whichever you choose, select one that best fits your baby's feeding schedule and use the Baby Bullet system tools to help you get there.

With a baby's immature immune system, you want to be careful how long you keep a purée and how you store it. Always remember to use refrigerated purées within 72 hours (or 3 days) of preparing them and use your frozen purées within 3 months.

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



6 Date-Dial Storage Cups

When refrigerating your purées, keep them in these perfectly sized storage cups. Whether filling them partially or completely, the date-dial feature keeps you on track!



Easy-Pop Batch Tray with Lid

This silicone-based Batch Tray is a great way to store your baby's purées in the freezer and pop them out when you are ready to use them. The Batch Tray allows you to freeze up to 12 ounces of purée, so whether you fill the tray part of the way or all the way, it is an easy way to make a combination of flavors for meal prep.



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.



Tip-Proof Tray

This tray helps keep your Date-Dial Storage Cups organized.



Stay-Fresh Resealable Lid

Keep your baby food fresh for storage or travel.



4 Serve

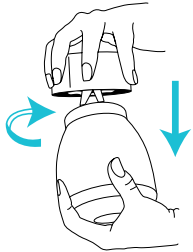
When it's feeding time, serving Baby Bullet baby food could not be easier! The Baby Bullet system makes serving easy and simple. Serve directly out of the Date-Dial Cups or out of the Short Cup. **Never save leftovers that have come in contact with a used spoon or utensil.** Always throw out those leftovers. It is best to take what you need from a Date-Dial Cup to serve your baby.

To defrost frozen foods, place in the refrigerator a few hours ahead of mealtime, or place the food in a sealed plastic bag and 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. ALSO DO NOT MICROWAVE PURÉES, AS THIS CAUSES "HOT SPOTS" MAKING THE PURÉE UNEVENLY WARMED.

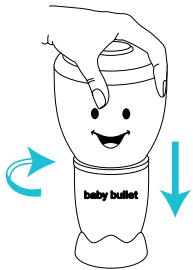
Using the Baby Bullet

Making Large Batches of Fruit and Vegetable Purées

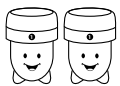


- 1 Twist the **Baby Blend Blade** on to the bottom of the **Batchbowl** for puréeing large batches of baby food.
- 2 Add thoroughly steamed or soft-boiled fruits/vegetables after they cool completely into the **Batchbowl** making sure any skins, cores, pits or stems have been removed.

- 3 Add 1/8-1/4 cup breast milk, prepared formula, or water (you can always add more if you like a thinner purée).



- 4 Place the lid 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 28) for creating textured foods.

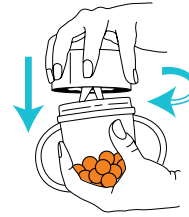


- 7 Spoon your purée into the **Date-Dial Storage Cups** to store in the refrigerator. Don't forget to set your date.



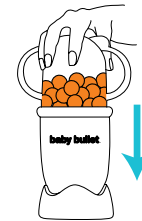
- 8 Or, for long-term storage, spoon your purée into the **Batch Tray**, snap on the lid, and freeze.

Making Smaller Batches of Fruit and Vegetable Purées



- 1 Add thoroughly steamed or soft-boiled fruits/vegetables, after cooling completely, to the **Short Cup**, making sure that any skins, cores, pits or stems have been removed.

- 2 Add 1/8-1/4 cup breast milk, prepared formula or water (you can always add more if you like a thinner purée).



- 3 Twist the **Baby Blend Blade** onto the **Short Cup**.

- 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.



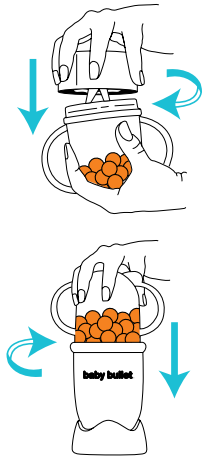
- 7 For long-term storage, spoon your purée into the **Batch Tray**, snap on the lid and freeze.

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.

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

Milling Grains and Rice For Cereals

Short Cup Milling For Smaller Batches



- 1 Add the desired amount of rice or grains to the **Short Cup**.
- 2 Twist on the **Baby 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 (see brown rice cereal recipe on page 64).

Baby Bullet Techniques

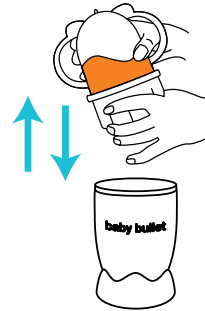
The Pulse Technique



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 and release immediately.

THE SECRET: The trick to successful pulsing is to make sure that the machine doesn't accidentally slip into purée 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, like *Chicken, Brown Rice and Squash* (pg. 95), the thickness 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 or liquid to get the right consistency.

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.

The 3 Stages of *baby food*

STAGE 1

Perfect Purées | 6-8 months

Stage 1 covers Baby's first purée up to when your baby is showing signs he or she is ready for textured foods. This stage typically starts around 6-8 months but can start as early as 4 months or as long as 10 months.

Signs Baby May Be Ready For Stage 1 Include:

- Pushing up while lying on his or her tummy
 - Sitting up with little or no help
 - Head-turning from left to right
- Moving the tongue forwards and backwards

Baby's first meal will be a very thin consistency (almost liquid) and will get a bit thicker each month. During Stage 1, you will gradually reduce the amount of liquid you use to create the food and gauge how Baby responds to the thicker consistency. **Always follow Baby's lead.** You'll know if it's too soon for thicker foods, because Baby will reject the offering by pushing it right back out.

STAGE 2

Tasty Textures | 9-12 months

As Baby grows and develops stronger swallowing skills, he or she will become hungrier and more interested in food.

Signs Baby May Be Ready For Stage 2 Include:

- Moving food side-to-side in his or her mouth for mashing and chewing
- Being able to hold cups and spoons (but not necessarily to feed)
- Self-feeding with finger foods

To introduce Baby to Stage 2 purées, **gradually thicken Baby's food** each week until it reaches the consistency of hot cereal for grains and mashed potatoes for veggie purées. As Baby grows more accustomed to textured foods, add small pieces of soft pasta or well-cooked brown rice to your mixtures. At this stage, Baby is willing to try just about anything, so get creative!

Self-feeding is a big part of Stage 2, so start offering age-appropriate finger foods (pg. 90), let baby begin to hold the spoon and offer thicker foods in a bowl. Remember, always follow Baby's lead. Never force foods, textures or eating habits onto your baby. Just gently introduce them, and if it doesn't go well, try again in a week.

If at any point you become concerned with baby's eating habits, contact your pediatrician for advice.



STAGE 3

Mini-Meals | 12+ months

Stage 3 expands Baby's list of developmentally appropriate foods to include more fruits, vegetables, meats, grains, and dairy options than ever before!

Signs Your Baby May Be Ready For Stage 3 Include:

- Self-feeding using fingers
- Exploring with utensils like dipping a spoon rather than scooping
- Drinking through a straw
- Biting through a variety of textures

During Stage 3, **it's important to start Baby on eating the same food as the rest of the family.** As a parent or caretaker, there is nothing more rewarding than sitting down to enjoy a meal with the entire family. During Stage

3, it is important to hold firm with your cooking plan and not give into the "I only want chicken nuggets and pizza" demands that will start to emerge at this time. Developing babies still have more flexibility at this stage than they tend to during their toddler years, when they can become extremely resistant to trying new foods. If your child is already picky, you will have a much harder time come the "terrible twos."

To avoid this situation, **keep offering a wide variety of textures and flavors,** even if they are rejected or ignored. Even if a certain food remains untouched, do not stop serving it to your child. Consistently including a new type of food on your child's plate will help familiarize him or her with that type of food and reduce the anxiety that can accompany the introduction of new foods. One day, your child might even try it, **as on average, it takes about 5-10 times for infants to start liking a new food!**



Preparing for the Big Day*

When your baby is between 6 to 8 months, you can begin introducing solid food. Because every baby develops differently, **it is important to talk to your pediatrician first**, so you can make an informed decision. According to the American Academy of Pediatrics and American Academy of Family Physicians, it is recommended that infants are exclusively breast fed until 6 months of age. The same is recommended for infants who are formula-fed. If you choose to introduce solids for your baby before 6 months, we suggest that your baby is showing the following signs first [2, 3, 4, 5].

Signs Your Baby Is Ready For Solid Food:

- Baby weights at least 13 pounds and/or has doubled his or her birth weight
- Baby can sit upright with support and has the ability to “lean in” for more foods
- Baby has good head control
- Baby can turn away to signify mealtime is over
- Baby no longer pushes foods out with his or her tongue (extrusion reflex), and Baby can move food to the back of the mouth and swallow [6]

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

[2] www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/pages/infant-food-and-feeding.aspx [3] www.aafp.org/about/policies/all/breastfeeding-support.html [4] www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/AAP-Policy-on-Breastfeeding.aspx [5] www.llli.org/faq/firstfoods.html [6] www.healthychildren.org/english/ages-stages/baby/feeding-nutrition/pages/switching-to-solid-foods.aspx

What Do I Need?

* Food Steamer or Stainless-Steel Pots with Steam Basket

Most foods, except bananas or avocados, need to be steamed before they are puréed, like with the **Baby Bullet Turbo Steamer**. Or you can keep it simple by adding a steam basket (stainless-steel or silicone) to your kitchen.

* Slightly Reclining Infant Seat or High Chair

Every family has unique needs, so it is important to find a high chair that matches those needs. Your chair can be portable and strap to any dining chair at home or at a restaurant, or it can be a higher, eye-level high chair. **Safety and security are your top priorities** when feeding your baby.

* Floor Mat or Splat Mat

Be prepared for the unexpected! **Flying purée is common when you start feeding your baby** or let your baby feed himself or herself for the first time. You may find purée on your wall, your floor and in the nooks and crannies of your kitchen. To avoid a mess, line your floor with a floor mat or a splat mat. It's a much easier clean up than hosing down the kitchen!

* Plastic Bibs with Big Pockets to Catch Foods and Drips

Cloth bibs can be a good barrier but not for long. Instead, **try water-resistant plastic bibs** that catch the food that doesn't make it into your little one's mouth.



* Baby-Friendly Utensils

Having the right tools—forks, spoons, plates and bowls—is an important part of feeding your baby safely. Start with utensils that are BPA-free and phthalate-free, so feeding and clean-up is safe and quick! **Safe-to-use spoons and forks can be made from silicone, bamboo, natural wood or stainless steel, all with a soft grip.** If you are serving hot or warm foods, provide a heat-safe utensil to avoid burning your baby's mouth. Also, try using a BPA-free and phthalate-free bowl or plate with a suction bottom to avoid flying purées!

What is on the Menu?

Allergy Alert

Infants and children commonly experience allergies. A food allergy occurs when the body's immune system sees a certain food as dangerous and harmful therefore causing symptoms (**see Mild to Moderate and Severe Reactions on page 41**). While children can outgrow some allergies like milk, egg, soy and wheat, allergens like peanuts, tree nuts, fish and shellfish are more likely to be lifelong [7].

Certain foods may cause an allergic reaction in babies, so we recommend staying vigilant for at least the first year. Current guidelines recommend introducing allergenic foods once Baby starts consuming puréed foods (~6 months). Evidence has shown that delaying the introduction of these foods may actually increase the risk of food allergies. Throughout this book, we make recommendations on what to introduce to your baby at each stage, but it is important to remember every baby is different. **It is vital to discuss with your pediatrician before introducing any foods.** Remember to follow your baby's lead and never introduce anything they may not be ready for.

We recommend introducing new foods one at a time and earlier in the day, so in the event your infant needs medical attention, you are able to contact your pediatrician during normal business hours.



Highly Allergenic Foods

Cow's Milk

Egg

Soy

Wheat

Peanuts

Tree Nuts

Fish

Shellfish

Introducing Highly Allergenic Foods

Please note that introducing allergens is a personal decision you'll make in consultation with your pediatrician. If your infant already has signs of a food allergy or if a sibling has a peanut allergy, your pediatrician may refer you to an allergist for testing and personalized guidance.

How to introduce highly allergenic foods:

- * **Once a few typical Stage 1 puréed foods (ex. banana, avocado, peas) have been tolerated, highly allergenic foods may be introduced.** Highly allergenic foods include dairy products,* such as yogurt, egg, soy, wheat, peanut and tree nuts in a form of butter or paste, fish and shellfish.
- * **Do not introduce highly allergenic foods as one of Baby's first puréed foods.**
- * **Make sure Baby is given the initial taste at home,** not at a restaurant or day care.
- * **If there is no reaction,** the food can be introduced in gradually increasing amounts.
- * Introduction of other new foods should occur at a rate of **one new food every 3-5 days** if no reaction occurs.

**Whole cow's milk as the infant's main drink, as opposed to cow's milk-based formulas and other cow's milk-based products, such as cheese and yogurt, that are safe before age 1 year, should be avoided until age 1 year for reasons unrelated to allergic disease.*

Signs of an Allergic Reaction

Mild to Moderate Reactions

Easier to identify in children and adults who can verbalize something is wrong. **More difficult to identify in your infants.**

Look Out For:

- Hives or Welts : Tingling of the Mouth
- Swelling of Lips, Face, or Eyes : Abdominal Pain or Vomiting

Severe Reactions

Can be deadly and require immediate medical attention. **DO NOT DELAY THE MEDICAL ATTENTION YOU PROVIDE FOR YOUR INFANT.** Remember these symptoms are difficult to identify in anyone, especially infants and children, so be on the alert when introducing new foods to your child [11, 12, 13].

Look Out For:

- Difficulty/Noisy Breathing
- Swelling of the Tongue
- Swelling or Tightness in the Throat
- Difficulty Talking and/or Hoarse Voice
- Wheezing or Persistent Cough
- Persistent Dizziness or Collapse, Pale and Floppy

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!

[8] [www.jaci-inpractice.org/article/S2213-2198\(12\)00014-1/fulltext](http://www.jaci-inpractice.org/article/S2213-2198(12)00014-1/fulltext) [9] www.aappublications.org/news/2017/01/05/PeanutAllergy010517 [10] www.aaaai.org/aaaai/media/medialibrary/pdf%20documents/libraries/preventing-allergies-15.pdf

[11] www.webmd.com/parenting/baby/introducing-new-foods#2-4 [12] www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/allergy-fruit-and-vegetable-allergy [13] www.kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx

Food Intolerance

Food intolerance is sometimes confused for food allergies because the symptoms, such as vomiting, abdominal pain, and diarrhea, are similar. **Food allergies** are immune reactions to the proteins found in foods such as milk, nuts, and fish; **food intolerances** are a reaction to the body's inability to digest a food.

We are most likely to be intolerant to: the **lactose** found in dairy products, the **gluten** found in grains and the **additives and dyes** often found in **processed foods**.

While food intolerance and its related symptoms are not as dangerous as food allergies, it is important to review the symptoms with your pediatrician and provide the medical attention your child will need [14].

Food Safety

The following selection of foods are less likely to trigger an allergic reaction, but they are still **not safe for infants** especially during the first year of life.



Honey is known to contain spores known as *Clostridium botulism*. If consumed by an infant with an immature digestive system, it may cause **botulism**.



Raw vegetables and fruits that are hard and in whole pieces are a **choking hazard**. Always wash and cook vegetables and fruits thoroughly with a few exceptions like ripe bananas and ripe avocados.



Sticky or hard foods such as popcorn, marshmallows or hard candy can also be **choking hazards**. Stick with whole foods that have been cooked.



Whole nuts, small and large, are a choking hazard and should be avoided until Baby's pediatrician feels they are safe to try.



Unpasteurized dairy products are legal in many states in the U.S. Harmful bacteria is not killed off prior to consumption in unpasteurized milk and other dairy products like cheese, yogurts, and ice creams. While many adults are able to consume these products without any problems, it is **unsafe for an infant with an immature immune system**.



The Big Day is Here!

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 of 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 warm (about 98.7°F) or room temperature** if freshly made. Do not heat foods in the microwave, because it creates heat pockets.
- 5 **The consistency of the food should be very thin and should run off the spoon.** Add breast milk, prepared formula, or water to achieve the desired consistency.

Go Time!

Introduce the purée either in the morning or early afternoon. First feed your baby with breast milk or formula but stop short before they are full. Then introduce the purée immediately afterwards or wait up to 2 hours.

Checklist

- ✓ Baby strapped in high chair.
- ✓ Bib on.
- ✓ Spoon and clean up towel.
- ✓ Protective floor mat.
- ✓ Liquid thin food texture
- ✓ Food temperature is somewhere from moderately cool to warm
- ✓ **SMILE.**



STAGE 1

perfect purées

6-8 months

Finely blend veggies and fruits for nutritious, wholesome purées — your baby's first introduction to solid food.

STAGE 1

perfect purées

6-8 months

Stage 1 foods start with Baby's first meal and go for the next 6-8 weeks. **During Stage 1, very simple 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 every four days. This is critical for tracking any allergic reactions to a particular food. Use your Food Journal on page 136 to record what Baby ate, what time, how much and any reactions to the food (bowel movements, cranky, rash, etc.).

*If you need more journal pages, you can print them out at:
www.babybullet.com/journal*

Introducing Flavors

Baby's first solid meal isn't very solid at all. In fact, the first meal is a very thin, single ingredient purée that should run off a spoon easily. To create a thin purée that is the appropriate consistency for Baby's first meal (and the first few weeks of eating), use breast milk, prepared formula or water when blending. **You can always add more liquid if you need a thinner consistency** that will easily run off of a spoon.

All of the foods on the **Food Chart for Month 6** (pg. 53) are easily digested by Baby's immature belly — that's how they made it onto the list! In month 7, new flavors can be introduced as baby's digestive system matures. You'll see a list of these new foods on page 71. The same applies for month 8 (pg. 79) — each monthly food chart provides new, exciting foods that can be introduced and well-tolerated by your growing baby.

"4-Day Wait" Rule

When introducing new foods, it's very important to follow the "4-Day Wait" Rule. **Start with one food and do not introduce any new foods for 4 days.** Do not introduce more than one food at a time, and give each trial a 4-day grace period. That way, if any strange reactions, rashes or poops appear, you can track them right back to the offending food. Also, offer any new foods in the morning or early afternoon in the event you need to reach your pediatrician. It is fine to combine a new food with any food you know your baby already tolerates. **Keep track of any and all reactions to each food**, likes and dislikes, consistency changes and other details in the Food Journal (pg. 136).

Thicken the Consistency Over the Course of Stage 1

As Baby becomes more familiar with eating, **very gradually thicken the consistency** of Baby's food by adding less breast milk, prepared formula or water. This should be a slow process, so using a little bit less liquid each week is a good way to keep moving in the right direction. The idea is to prepare baby to start transitioning into Stage 2 foods around 9 months.

Always follow Baby's lead. You'll know whether it's too soon for the thicker consistency if Baby rejects the offering by pushing it right back out with his/her tongue. If Baby doesn't appreciate the new, thicker consistency, just thin out the purée with a bit more breast milk, prepared

Example Feeding Schedule for Stage 1

1-4 tablespoons of cereal once or twice a day.

1-4 tablespoons of a fruit and vegetable once or twice a day [15]

	Hour	Food/Activity
AM	3:30am	Breast Feeding/Formula
	5:30am	Breast Feeding/Formula
	9:30am	Breast Feeding/Formula
	11:30am	Breast Feeding/Formula + Purée
PM	3:30pm	Breast Feeding/Formula
	5:30pm	Breast Feeding/Formula
	7:30pm	Breast Feeding/Formula + Sleep
	11:30pm	Breast Feeding/Formula

Food consistency: smooth, thin purée

Note: Baby will work up to two or more tablespoons. 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.

In general, offer breast milk or formula every two to four hours, or six to twelve feedings. Offer purée 30 minutes to 2 hours after milk feeding.

Remember to add purée in the morning or early afternoon in case your baby develops an allergic reaction and you need to contact your pediatrician.

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.

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.

formula, or water and re-blending in the Baby Bullet. Try the thicker texture again in another week or so.

The recipes in this book provide instructions on how to achieve different consistencies, but the formula is very simple. The more liquid you add, the thinner your purée will be; the less liquid you add, the thicker your purée. Never force new flavors or consistencies onto Baby. Let Baby lead the way. In general, because the food flavors a mother eats find their way to the breast milk, breast-fed babies adapt to new flavors quicker than formula-fed babies. On average, a new flavor needs to be introduced at least 5-10 times before baby accepts it. **If a flavor is rejected after 3-5 attempts, give that food a rest and try again in a few weeks.** If a meal is too thick, add a bit more liquid and try a thicker consistency in a week or so. If you feel Baby is eating less than what is needed or have any concerns about Baby's eating habits, contact your pediatrician for advice.



Every child is different, but the chart on the following page is a great place to help you start determining your baby's food needs for the day. **Purées are only a supplement to your baby's diet at first.** In addition to purées, be sure to incorporate breast milk or formula to your baby's diet. Remember, never introduce more than one new purée food every four days and **keep good notes about each new food in your food journal.** That way if any rashes or unusual symptoms appear, you'll be able to track it back to the offending food.

Baby's First Purée!

Purée consistency: thin and smooth enough to run off a spoon

Baby's first meal will be made from one of these foods:

- Acorn Squash : Pear
- Apple : Carrots
- Avocado : Peas
- Banana : Sweet Potato
- Brown Rice Cereal : White Rice Cereal
- Butternut Squash : Yam

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! If you have to, close your eyes and point at this page to choose the first two foods because the very first meal will most likely be only about a tablespoon.

















Introduce one new food at a time and use the "4-Day Wait" Rule in between new foods. For example, if baby tried avocados on Monday, wait until Friday to introduce sweet potatoes.

Now choose your two favorites, and it's almost time to use your Baby Bullet!

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

**Foods need to be steamed or boiled until tender, then cooled completely before blending. Luckily, we have a Baby Bullet Turbo Steamer for that!*

Food Chart for Month 6

1 Apple		=		3 Baby Bullet servings (6 oz)
1 Avocado		=		4 Baby Bullet servings (8 oz)
1 Banana		=		4 Baby Bullet servings (8 oz)
1 Pear		=		4 Baby Bullet servings (8 oz)
1 Cup Peas		=		4 Baby Bullet servings (8 oz)
1 Winter Squash		=		10 Baby Bullet servings (20 oz)
1 Sweet Potato		=		10 Baby Bullet servings (20 oz)
1 Cup Brown or White Rice Cereal		=		16 Baby Bullet servings (32 oz)

Making the Right Amount of Food for Week 1

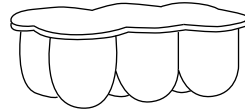
For the first week, you are likely to introduce no more than one tablespoon of each food. To avoid wasting food, fill 3-4 **Date-Dial Storage Cups** halfway with the first food and fill the **Easy Pop Batch Tray** with the second food. Refrigerate the storage cups and freeze the Batch Tray, so you'll be ready to go all week!

Flavor #1



Refrigerator

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 leftovers. **You should not reuse any remaining food as germs and bacteria may have gotten in by way of the spoon.** Instead, portion out the amount of purée you will need and continue storing the rest.

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 pages 27-28.

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 3 months.

Note: Even if the food has changed color or browned, it is still safe to eat if consumed within the recommended time frame. Immediately freezing purées after preparing helps to reduce browning.



Do not fill Batch Tray Cups more than 2/3 full to prevent freezer burn and leakage.

Make sure all sides of the Batch Tray Lid are snapped on and sealed to avoid freezer burn.



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 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, try again in a few days.

Ending Mealtime

Baby shows signs that mealtime is over by leaning back in the chair, turning away from food, playing with the spoon, or refusing to open up for the next bite. **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 in the Baby Bullet Journal on page 138.

Week 1

For week one, you will continue to feed Baby one food a day in conjunction with breast milk or formula. 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 Wait" Rule schedule, but offer Baby a bit more food than in Week 1. Offer half of a Baby Bullet serving one time a day, but always watch for signs from 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.

STAGE 1 Perfect Purée Recipes



apple purée

Rich with antioxidants, fiber, and flavonoids, apples are great for promoting heart health and digestive health.



Baby Blend
Blade



Short
Cup



10 minutes

.....
1 apple, peeled and cored

1/4 cup breast milk, prepared formula, or water
.....

- 1 Steam or boil the apple until very soft and tender.
- 2 Cool apple completely.
- 3 Twist the Baby Blend Blade onto the Short Cup.
- 4 Add both ingredients to the Short Cup and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — add less liquid if you want a thicker purée or more liquid for a thinner purée. For a larger quantity, add 2-3 apples and 3/4 cup of liquid, using the Batchbowl.

1 medium apple yields 6 oz of baby food.

avocado purée

Often called the perfect food, avocado provides a good helping of vitamins, minerals, and healthy fats. Mild and creamy—what's not to like about avocado?



Baby Blend
Blade



Short
Cup



10 seconds

.....

1 avocado, peeled and pitted

1/4 cup breast milk, prepared formula, or water

.....

- 1 Add both ingredients to the Short Cup.
- 2 Twist on the Baby Blend Blade.
- 3 Purée until you have achieved the proper smoothness.

Note — *add less liquid if you want a thicker purée or more liquid for a thinner purée.*

1 avocado yields 8 oz of baby food.



banana purée

Rich in potassium and known for its contributions to digestive health, banana is a healthful and delicious food for Baby.



Baby Blend
Blade



Short
Cup



10 seconds

.....
1 banana, whole, ripe

1/4 cup breast milk, prepared formula, or water
.....

- 1 Add ingredients to the Short Cup.
- 2 Twist on the Baby Blend Blade.
- 3 Purée until you have achieved the proper smoothness.

Note — *add less liquid if you want a thicker purée or more liquid for a thinner purée.*

1 banana yields 8 oz of baby food.



brown rice cereal

Nutritionally dense and high in fiber, brown rice can be served alone or combined with any fruit or vegetable for an energy-boosting purée.



Baby Milling
Blade



Short
Cup



30 minutes

1/2 cup brown rice, uncooked

4 cups breast milk, prepared formula, or water

- 1 Add 1/2 cup of uncooked brown rice to the Short Cup.
- 2 Twist on the Milling Blade and mill to a fine powder.
- 3 Add the milled brown rice and 4 cups of breast milk, formula, or water to a pot and cover until it boils. Then, turn down heat to low and cook with cover for 20 minutes.
- 4 Test the consistency of the brown rice cereal. To make thinner, add more liquid.
- 5 Once the ideal consistency is achieved, enjoy when cooled completely!

Note — *Milled brown rice cereal is a fantastic first food for Baby and combines perfectly with all fruit and vegetable purées.*

1/2 cup of rice yields 16 oz of baby food.

green pea purée

Baby will soon say please to peas! These little green bits are sweet and tasty, and contain vitamins K and B6.



Baby Blend
Blade



Batchbowl



7 minutes

1 cup green peas, fresh or frozen

1/4 cup breast milk, prepared formula, or water

- 1 Steam* or boil peas until soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool peas completely.
- 3 Twist the Baby Blend Blade onto the Batchbowl.
- 4 Add both ingredients to the Batchbowl and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — *add less liquid if you want a thicker purée or more liquid for a thinner purée.*

1 cup of peas yields 8 oz of baby food.

pear purée

Sweet and tender pear makes a divine purée for Baby, containing both fiber and vitamin C for your little one.



Baby Blend Blade



Short Cup



12 minutes

1 pear, peeled and cored

1/4 cup breast milk, prepared formula, or water

1 Steam* or boil the pear until soft.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool pear completely.
- 3 Twist the Baby Blend Blade onto the Short Cup.
- 4 Add both ingredients to the Short Cup and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — add less liquid if you want a thicker purée or more liquid for a thinner purée. For a larger quantity, add 2-3 pears and 3/4 cup liquid, using the Batchbowl.

1 pear yields 8 oz of baby food.

squash purée

Creamy and mellow squash makes a nutritious first meal for Baby. Its mild flavor mixes beautifully with other fruit and vegetable purées, and its soft flesh adds an extra dose of vitamin A to any meal.



Baby Blend Blade



Batchbowl



7 minutes

1 winter squash, peeled, cleaned, cut (with tips and seeds removed)

1/4 cup breast milk, prepared formula, or water

1 Steam* or boil winter squash until very soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool winter squash completely.
- 3 Twist the Baby Blend Blade onto the Batchbowl.
- 4 Add both ingredients to the Batchbowl and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — add less liquid if you want a thicker purée or more liquid for a thinner purée.

1 winter squash yields 20 oz of baby food.





sweet potato purée

A global favorite for Baby, sweet potatoes contain vitamins A and B6, as well as potassium and manganese. One sweet potato goes a long way, making several servings of baby food at once and saving you time and money. Now that's sweet!



Baby Blend
Blade



Batchbowl



17 minutes

.....

1 sweet potato, peeled

1 cup breast milk, prepared formula, or water

.....

1 Steam* or boil sweet potato until very soft and tender.



.....
**There's a Baby Bullet Turbo Steamer for that!*
.....

2 Cool sweet potato completely.

3 Twist the Baby Blend Blade onto the Batchbowl.

4 Add both ingredients to the Batchbowl and secure lid.

5 Purée until you have achieved the proper smoothness.

Note — because sweet potato is so thick and starchy, you may need to use the Pulse Technique on page 28.

1 sweet potato yields 20 oz of baby food.



7 months!

Purée consistency: thicker purée than Month 6



Continue to feed your little one Perfect Purées on the “4-Day Wait” Rule until you’ve tried all of the foods from the low allergy risk foods list (pg. 40). 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 your baby has already tried and know do not cause an allergic reaction.** So, try apple and banana or green beans and yellow squash. Mix it up!

Food Chart for Month 7

1 Carrot		=		4 Baby Bullet servings (8 oz)
1 Cup Green Beans		=		5 Baby Bullet servings (10 oz)
1 Peach		=		5 Baby Bullet servings (10 oz)
2 Parsnips		=		8 Baby Bullet servings (16 oz)
1 Cup Milled Millet Cereal (rice, barley, oat)		=		10 Baby Bullet servings (20 oz)
1 Cup Milled Oatmeal		=		10 Baby Bullet servings (20 oz)

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

**Foods need to be steamed or boiled until tender, then cooled completely before blending. Luckily, we have a Baby Bullet Turbo Steamer for that!*



Additional Food Possibilities

Cottage Cheese
Tofu
All Natural Plain Yogurt

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 Wait" Rule and document all information in your Food Journal.



STAGE 1 Combo Purée Recipes

Combine your favorite two purées into one flavor extravaganza. Mix fruits and veggies together for tasty delights. **Always use the “4-Day Wait” Rule when introducing new foods.**



green bean brown rice combo

Combine green beans and brown rice for a classic dish babies love. Healthy, flavorful and easy to digest!



Baby Blend
Blade



Batchbowl



7 minutes

.....

1/2 cup green beans

*1/2 cup brown rice, cooked**

1/8 cup breast milk, prepared formula, or water

**Allow ingredients to cool down completely prior to blending.*

.....

1 Steam* or boil green beans until very soft and tender.



.....
**There's a Baby Bullet Turbo Steamer for that!*
.....

2 Cool green beans completely.

3 Twist the Baby Blend Blade onto the Batchbowl.

4 Add both ingredients to the Batchbowl and secure lid.

5 Blend until you've achieved the proper consistency.

6 Enjoy!

Other great combinations to consider:

Banana and Avocado | Apple and Pear | Pear and Millet
Apple and Cereal | Peas and Carrots
Sweet Potato and Apple | Pumpkin and Banana

milled oatmeal cereal combos

Mild and comforting oatmeal combines well with fruit and vegetable purées, adding fiber and oaty goodness to your baby's meal.



Baby Milling
Blade



Short
Cup



30 minutes

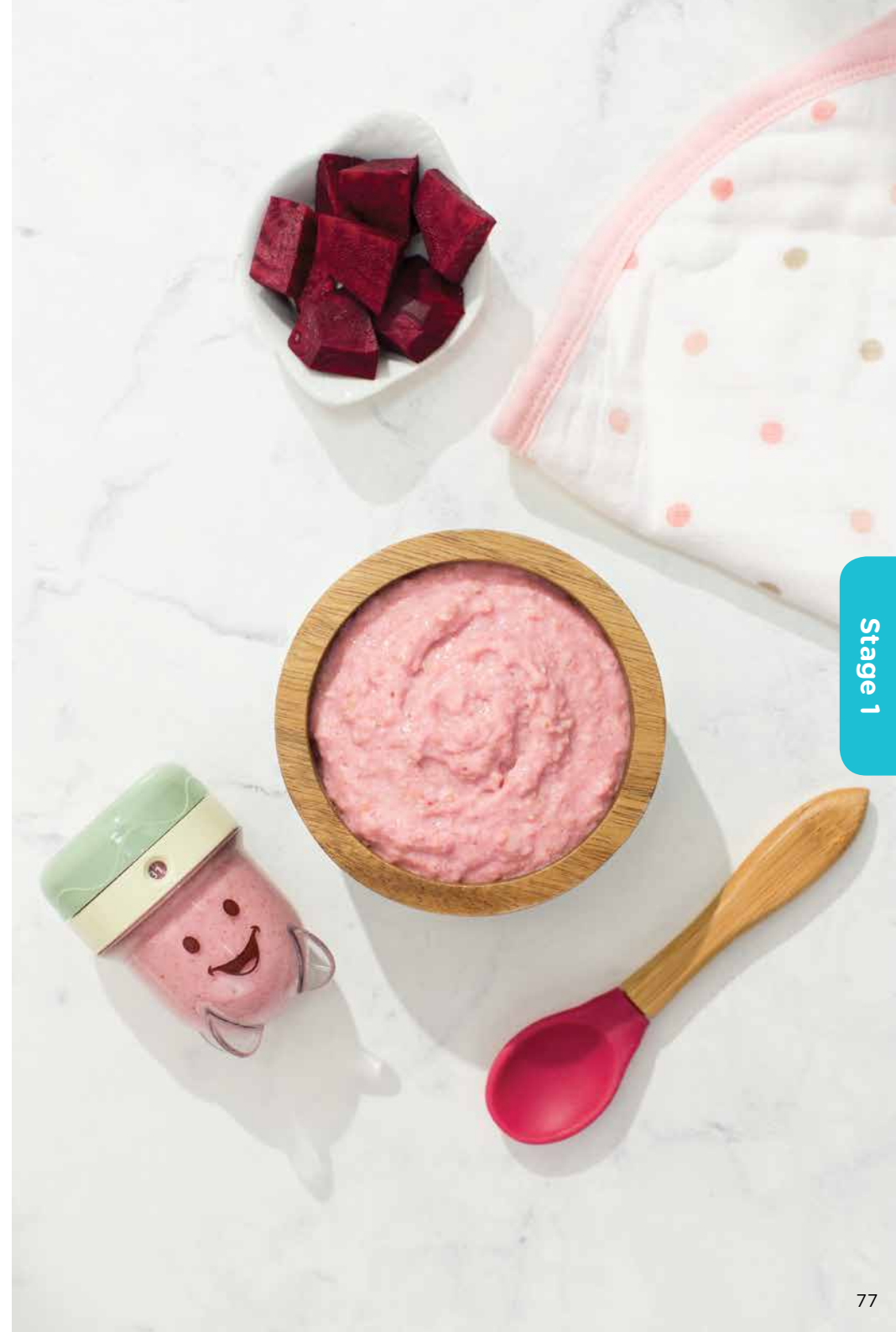
1/2 cup rolled oats, uncooked

4 cups breast milk, prepared formula, or water

- 1 Add 1/2 cup of uncooked rolled oats to the Short Cup.
- 2 Twist on the Milling Blade and mill into a fine powder.
- 3 Add the milled oatmeal and 4 cups of breast milk, formula, or water to a pot and cover until it boils.
- 4 Once it hits a boil, turn down heat to low and cook with cover on for 20 minutes.
- 5 Test the consistency of the oatmeal cereal — if you want it thinner, add more water.
- 6 Combine 2 oz fully cooled oats with 2 oz fruit or vegetable purée.
- 7 Enjoy!

Tip — *Make combos with fresh ingredients, or use two prepared purées and mix them together!*

1/2 cup of whole oats yields 10 oz of baby food.



8 months!

Purée consistency: thicker purée than Month 7

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 (pg. 28)** 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 (pg. 80)**.

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



Food Chart for Month 8

1/2 Pint Blueberries  =  3 Baby Bullet servings (6 oz)

1 Cup Cantaloupe  =  3 Baby Bullet servings (6 oz)

1 Cup Watermelon  =  3 Baby Bullet servings (6 oz)

1/3 Head Cauliflower * =  4 Baby Bullet servings (8 oz)

1 Cup Turnip * =  4 Baby Bullet servings (8 oz)

1/3 Head Broccoli * =  6 Baby Bullet servings (12 oz)

1/2 Eggplant  =  6 Baby Bullet servings (12 oz)

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

**Foods need to be steamed or boiled until tender, then cooled completely before blending. Luckily, we have a Baby Bullet Turbo Steamer for that!*

Additional Food Possibilities

Cottage Cheese	Summer Squash
Jack Cheese	Quinoa
Cheddar Cheese	Buckwheat
Egg	Flax
Fish	Amaranth
Tofu	All Natural Plain Yogurt
Beans/Legumes	

Pediatricians may recommend adding small amounts of tofu, plain yogurt, and cottage cheese into Baby's diet at the 8-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 Wait" Rule** and document all information in your Food Journal.

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 of the fruits and vegetables that Baby has already eaten and tolerated well in a big pot, so they cook at the same time. New foods will have to be prepared separately to avoid cross-contamination.

While you steam or boil some of your ingredients, take this time to make fruit purées like banana and watermelon that don't need to be cooked. Be sure to wash, skin/peel, de-seed/core your fruits and vegetables accordingly. Blend your completely cooled ingredients with 1/8 to 1/2 cup of water or liquid (breast milk, formula) to the desired texture and consistency.

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. Use the Easy Pop Batch Tray to freeze purée for up to 3 months.

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 or call **877-514-MYBB (877-514-6922)**.

Check gasket before each use to make sure it is completely seated in the Baby Blend Blade or Baby Milling Blade. Attempted removal of the gasket may permanently damage the blade configuration and cause leakage. If in time a gasket becomes loose or damaged, please contact customer service for a replacement Baby Bullet Blade at: (877) 514-6922.

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.

STAGE 1 Perfect Thicker Purées

textured turnip

A good source of vitamin C, turnip makes a savory and satisfying purée Baby will love. To keep your turnip nice and thick, you'll use the Pulsing Technique on page 28.



Baby Blend
Blade



Batchbowl



17 minutes

1 cup turnip, trimmed, peeled

1/4 cup of breast milk, prepared formula, or water

- 1 Steam* or boil the turnip until very soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool turnip completely.
- 3 Twist the Baby Blend Blade onto the Batchbowl.
- 4 Add both ingredients to the Batchbowl and secure lid.
- 5 Place the Batchbowl onto the Power Base.
- 6 Pulse the turnip a few times until you reach the desired texture.

Note — To make a thinner purée, add more liquid and blend for longer.

Serving Suggestion: Turnip and Brown Rice

It's like Thanksgiving dinner in a purée — these 2 flavors create a savory, satisfying meal you are sure to serve again and again.

1 cup steamed turnip yields 8 oz of baby food.

broccoli purée

Eating broccoli provides the body with immune supporting vitamin C, making it a good choice when Baby has the sniffles.



Baby Blend Blade



Batchbowl



7 minutes

1/3 head broccoli florets

1/4 cup of breast milk, prepared formula, or water

- 1 Steam* or boil the broccoli until very soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool broccoli completely.
- 3 Twist the Baby Blend Blade onto the Batchbowl.
- 4 Add both ingredients to the Batchbowl and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — To make a thinner purée, add more liquid and blend for longer.

1/3 head of broccoli yields 12 oz of baby food.

cauliflower purée

Delicious and creamy, cauliflower is packed with flavor. This high-powered antioxidant makes a mashed potato-like purée that babies love!



Baby Blend Blade



Batchbowl



12 minutes

1/3 head cauliflower florets

1/4 cup of breast milk, prepared formula, or water

- 1 Steam* or boil the cauliflower until very soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

- 2 Cool cauliflower completely.
- 3 Twist the Baby Blend Blade onto the Batchbowl.
- 4 Add both ingredients to the Batchbowl and secure lid.
- 5 Purée until you have achieved the proper smoothness.

Note — To make a thinner purée, add more liquid and blend for longer.

Serving Suggestion Combos:

Cauliflower and Broccoli
Cauliflower and Brown Rice Cereal
Cauliflower and Apple Purée

1/3 head of cauliflower yields 8 oz of baby food.

apricot and oatmeal

This sweet and tangy purée combines vitamin A in apricots with heart-healthy oatmeal for a delicious and healthful meal for baby.



Baby Blend
Blade



Batchbowl



10 seconds

1 cup apricots, peeled and pitted

1/4 cup oatmeal, cooked[†]

1/4 cup breast milk, prepared formula, or water

[†]Allow ingredients to cool down completely prior to blending.

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add liquid and apricot to the Batchbowl and secure lid.
- 3 Purée until you have achieved the proper smoothness.
- 4 Spoon in cooked oatmeal and mix until you achieve the right texture for Baby.

Note — To make a thinner purée add more liquid and blend for a bit longer.

Additional Serving Suggestion: Apples and Oatmeal

Sure to be one of Baby's favorites! Simply combine a Baby Bullet serving of apple purée with a Baby Bullet serving of oatmeal cereal and get ready for some serious eating!



Stage 1



STAGE 2

tasty textures

9-12 months

Easily adjusts to make thicker blends for your baby's next stage of feeding.

STAGE 2 tasty textures

9 months

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 such as chicken, red meat and shredded cheese. 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 80)**. That way, when a recipe calls for something like chicken, just toss 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.

Example Feeding Schedule for Stage 2

4-9 tablespoons of cereal, fruit and vegetables a day,
spread out over 2-3 meals

1-6 tablespoons of a meat or other protein [16]

	Hour	Food/Activity
AM	7:30am	Breast Feeding/Formula
	9:30am	Tasty Textures
PM	1:30pm	Breast Feeding/Formula
	3:30pm	Tasty Textures
	5:30pm	Breast Feeding/Formula
	7:30pm	Breast Feeding/Formula
	9:30pm	Tasty Textures
	11:30pm	Breast Feeding/Formula

Food consistency: Smooth purée — a little thicker than last month

New Foods to Introduce!

Mashed, Cubed, or Bite-Sized Fruits & Vegetables:

- Carrots* : Peas*
- Eggplant* : Pineapple
- Mango : Tomatoes

**Need to be boiled or steamed and cooled completely before blending*

Cooked & Bite Size:

- Fish (145°F)* : Tofu
- Red Meat (160°F)* : Turkey (165°F)*

**Cook to appropriate temperature*

Cooked:

- Black Beans : Small Shaped Pasta
- Garbanzo Beans : Whole Grain Rice
- Kidney Beans :

Pasteurized Cheeses & Dairy Products:

- Cheddar Cheese : Cream Cheese
- Cottage Cheese : Yogurt

Bite-Sized Finger Foods:

- O-Shaped Cereal
- Bread

STAGE 2 Family Dinners for Baby





chicken, brown rice, squash

This tasty meal contains lean protein and high-fiber complex carbohydrates. Purée a small portion for Baby and serve the solid mixture to the rest of the family!



Baby Blend
Blade



Batchbowl



7 minutes

.....

1 yellow squash[†]

1/2 cup chicken breast, fully cooked, diced[†]

1/8 - 1/4 cup chicken or veggie broth, low-sodium

1/2 cup brown rice, cooked[†]

Note – If Baby is handling textures well, add the rice in *AFTER* puréeing

[†]Allow ingredients to cool down completely prior to blending.

.....

1 Steam* or boil yellow squash until very soft and tender.



.....

**There's a Baby Bullet Turbo Steamer for that!*

.....

2 Cool yellow squash completely.

3 Twist the Baby Blend Blade onto the Batchbowl.

4 Add ingredients to the Batchbowl and secure lid.

5 Purée until you have achieved the proper smoothness.

6 Enjoy or store!

Note – at this stage, thicker purées are better for your baby. But if Baby is having a hard time swallowing the thicker food – or keeps pushing the food out – stick with a thinner purée for a few more weeks.

turkey, rice & carrot

Hearty, delicious and full of protein. This recipe is sure to become one of your baby's favorites!



Baby Blend
Blade



Batchbowl



17 minutes

1 carrot, peeled†

1/2 cup turkey breast, fully cooked, diced†

1-2 cups chicken or veggie broth, low-sodium

1/2 cup brown rice, cooked†

Note — If Baby is handling textures well, add the rice in **AFTER** puréeing

†Allow ingredients to cool down completely prior to blending.

1 Steam* or boil carrot until very soft and tender.



**There's a Baby Bullet Turbo Steamer for that!*

2 Cool carrot completely.

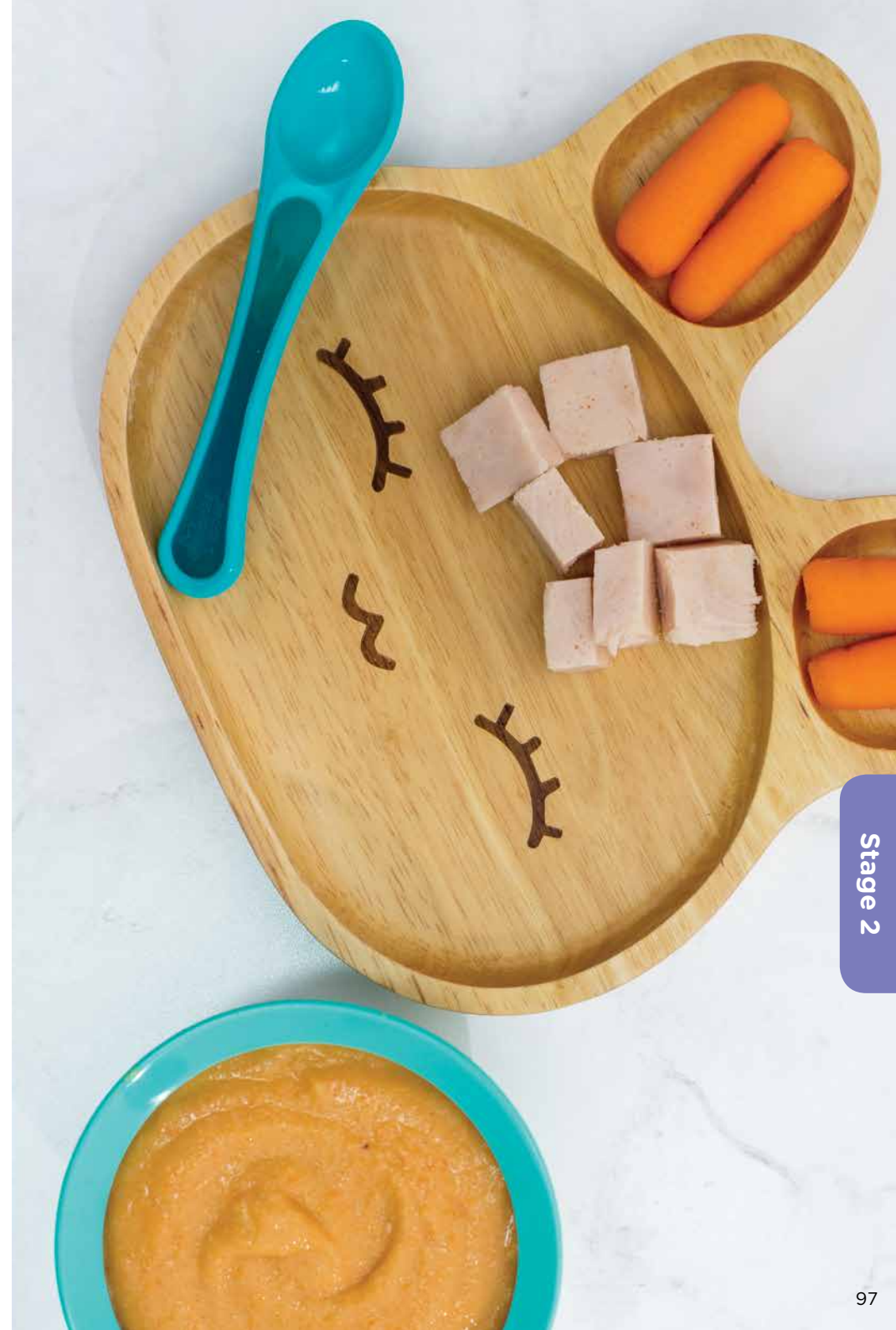
3 Twist the Baby Blend Blade onto the Batchbowl.

4 Add ingredients to the Batchbowl and secure lid.

5 Purée until you have achieved the proper smoothness.

6 Enjoy or store!

Note — at this stage, thicker purées are better for your baby. But if Baby is having a hard time swallowing the thicker food — or keeps pushing the food out — stick with a thinner purée for a few more weeks.





banana-pineapple yogurt

Turn plain or vanilla yogurt into a fiesta of fruit with this simple recipe you can make in seconds.



Baby Blend
Blade



Batchbowl



10 seconds

.....

1/2 cup pineapple, fresh

1 cup yogurt, plain, all-natural

1/2 banana (or 2 oz banana purée)

.....

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add the ingredients to the Batchbowl and secure lid.
- 3 Use the Pulse Technique until you have achieved the proper texture.

Note — At this stage, thicker purées will most likely be more appealing to baby than before. However, if baby continues to push food out with his/her tongue or is having a hard time swallowing, stick with a thinner purée for a few more weeks.

Tip — Thaw a Baby Bullet serving of baby's favorite fruit purée and add that to a cup of yogurt and blend. Yum!

Serving Suggestion: Banana Pineapple Yogurt & Granola

Top yogurt with tiny bits of granola (crushed into baby-sized pieces) or baby's favorite cereal to add texture and flavor complexity to this mixture.

peachy banana delight

Smoothies make a wonderful snack or side dish for breakfast or lunch. Full of fruit and flavor, this is sure to become a quick favorite.



Baby Blend
Blade



Batchbowl



10 seconds

.....

1/2 cup peach, peeled, pitted (or 2 oz peach purée)

1 cup yogurt, plain or vanilla, all-natural

1/2 banana (or 2 oz banana purée)

.....

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add the ingredients to the Batchbowl and secure lid.
- 3 Use the Pulse Technique until you have achieved the proper texture.

Note — *At this stage, thicker purées are better for your baby. But if baby is having a hard time swallowing the thicker food — or keeps pushing the food out — stick with a thinner purée for a few more weeks.*

Tip — *You can use any fruit combination you want in a Baby Bullet smoothie, so add in a Baby Bullet serving of anything you have in the freezer.*





chicken & petite penne pasta

This recipe is a great way to sneak wholesome vegetables into a familiar-looking meal. This is a dish you can make for the whole family.



Baby Blend
Blade



Batchbowl



10 seconds

-
- 1 cup carrot, boiled/steamed* (or 6 oz carrot purée)[†]*
 - 1 cup cauliflower, boiled/steamed* (or 6 oz cauliflower purée)[†]*
 - 1/2 cup cheddar cheese, shredded, mild*
 - 1/2 cup chicken breast, boiled/steamed*
(or 4 oz chicken purée)[†]*
 - 1/2 cup chicken or vegetable broth*
 - 2 cups mini penne pasta, cooked*

**Allow ingredients to cool down completely prior to blending.*

.....

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add the ingredients (except for the pasta) to the Batchbowl and secure lid.
- 3 Blend until smooth (or a bit chunky depending on preference).
- 4 Pour into a saucepan and heat until cooked.
- 5 Pour over cooked mini penne pasta.
- 6 Serve or store for later use.



.....
**There's a Baby Bullet Turbo Steamer for that!*
.....

10-12 months!

Thick, Chunky, Finger Foods

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 contaminated it.

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.

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.

As with all new foods, follow the "4-Day Wait" Rule 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 page 80).** 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.

STAGE 2

Recipes for Months 10-12



petite pancakes

Stack the breakfast table with a batch (or two) of these family flapjacks! Cut Baby's into bite-sized bits, and serve 'em big for everyone else. Add a serving of pear or apple purée to your batter for an extra dose of flavor, fiber, and nutrition.



Baby Blend
Blade



Batchbowl



10 seconds

1 cup whole wheat flour

1/2 tsp salt

1 tsp cinnamon

3/4 cup breast milk,

prepared formula, or water

3 tsp baking powder

- 1 Twist on the Baby Blend Blade onto the bottom of the Batchbowl.
- 2 Add all ingredients except baking powder to the Batchbowl and secure the lid.
- 3 Purée until you have achieved the proper smoothness. Stir in the baking powder.
- 4 Spray a frying pan with olive oil and cook half dollar sized pancakes over medium heat until golden brown.

Serving Suggestions: Pear Pancakes

Add 1 Baby Bullet serving of pear purée to the ingredients and blend. Yum!

Banana Pancakes

Add 2 Baby Bullet serving of banana purée (or 1/2 a banana) to the ingredients and blend. Yum!

mini veggie potato pancakes

This is one for the whole family! Delicious, crunchy potato pancakes infused with veggie goodness. Be sure to make enough for seconds!



Baby Blend
Blade



Batchbowl



10 seconds

1 cup potato, boiled/steamed* (or 8 oz potato purée)
1/2 cup zucchini, boiled/steamed* (or 4 zucchini purée)
1/2 cup cauliflower, boiled/steamed* (or 4 oz cauliflower purée)
2 whole eggs, whisked in a small bowl
Cooking spray

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add the ingredients (except cooking spray) to the Batchbowl.
- 3 Blend until smooth.
- 4 Spray a frying pan with cooking spray and cook each pancake over medium heat or until golden brown.
- 5 Serve or store.



.....
*There's a **Baby Bullet Turbo Steamer** for that!
.....

broccoli & cauliflower au gratin

Easy, breezy and oh so cheesy. This recipe makes a wonderful purée or spread for crackers and chunks of bread.



Baby Blend
Blade



Batchbowl



10 seconds

1/2 broccoli, floret, boiled/steamed*
1/2 cauliflower, floret, boiled/steamed*
1/2 cup cheddar cheese, shredded
1/4 cup veggie or chicken broth, low sodium
Bread or crackers

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add the ingredients to the Batchbowl.
- 3 Blend until smooth.
- 4 Pour contents into a saucepan and heat until the desired temperature is achieved.
- 5 Serve warm with bite-size bread or crackers.

Tip – add diced bits of cooked broccoli and cauliflower to the purée to add some texture.



.....
*There's a **Baby Bullet Turbo Steamer** for that!
.....



minestrone

This classic Italian soup bursts with flavor in every bite! Make in big batches to freeze and serve for busy nights.



Baby Blend
Blade



Batchbowl



14 seconds

-
- | | |
|-------------------------------------|---|
| <i>1/3 cup green bean purée</i> | <i>1 cup lean ground beef
(or turkey), cooked
and drained</i> |
| <i>1/3 cup yellow squash purée</i> | <i>1/2 cup kidney beans,
cooked or canned, drained</i> |
| <i>1 cup of marinara sauce</i> | <i>1 cup low-sodium
vegetable broth</i> |
| <i>1 Tbsp olive oil</i> | <i>1 cup mini-elbow pasta,
cooked</i> |
| <i>1 clove of garlic (optional)</i> | |
| <i>1/4 cup water</i> | |
| <i>1 cup green beans, cooked</i> | |
-

- 1 Add the first 6 ingredients to the Batchbowl and blend until smooth.
- 2 Pour the contents into a sauce pan and cook over medium heat until heated through.
- 3 Add in the beef, beans, broth, pasta and heat to desired temperature.
- 4 Serve or store.

Serving Suggestion: Vegetarian Minestrone

Omit the ground beef from the recipe.





STAGE 3

mini meals

1 year +

This blend incorporates small bits of soft veggies in the mix helping your baby transition to chewing whole foods.



STAGE 3 mini meals

1 year +

What a difference a year makes! At this point of development, Baby's eating habits are becoming more like an adult. **Baby should be self-feeding with fingers and utensils, 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 baby by consistently serving a wide variety of options from each food group. Even if servings go untouched, your baby will grow familiar with the food you prepare and more likely to actually eat it in the future.

Example Feeding Schedule for Stage 3

Around 1/4 -1/2 cup each of grains, fruit and veggies twice a day

Around 1/4-1/2 cup of dairy foods a day

Around 1/4-1/2 cup of protein-packed foods a day [17]

	Hour	Food/Activity
AM	7:30am	Breast Feeding/Formula
	9:30am	Mini Meal
PM	1:30pm	Mini Meal
	3:30pm	Mini Meal
	5:30pm	Breast Feeding/Formula
	7:30pm	Breast Feeding/Formula
	9:30pm	Mini Meal



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:

- | | |
|---------------------------|------------------------|
| Cabbage | Onion (Raw) |
| Chocolate | Popcorn |
| Cucumbers | Raw, Hard Vegetables |
| Hard, Goopy, Sticky Candy | Spoonful Peanut Butter |
| Honey | Vanilla |
| Larger Pieces of Cheese | Vanilla Flavoring |
| Larger Pieces of Fruit | Whole Hot Dogs |
| Larger Pieces of Meat | Whole Foods |

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 have you adding Baby's favorite purées to Baby's favorite meals for an added nutritional boost! Try adding 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!**



Stage 3
Recipes for 1+



stealth scrambled eggs

An egg-ceptionally delicious and nutritious breakfast that can be made in seconds with the Baby Bullet! Your little one won't suspect a thing!



Baby Blend
Blade



Short
Cup



14 seconds

2 eggs

1 Baby Bullet serving of cauliflower purée, cooled

1/4 cup shredded cheese (optional)

- 1 Add all of the ingredients to the Short Cup and blend until smooth.
- 2 Add a bit of cooking oil to the bottom of a frying pan and turn on medium heat.
- 3 Pour egg mixture into the frying pan and stir with a spatula until the eggs are fluffy and full cooked.
- 4 Serve immediately.





mac & cheese

Inevitably, macaroni and cheese will be one of your child's favorite foods. So, why not embrace the old mac and cheese and infuse it with some puréed goodness? This one's a keeper!



Baby Blend
Blade



Short
Cup



10 seconds

1/4 cup cheddar cheese

1/4 cup ricotta cheese

*1 Baby Bullet serving yellow squash purée
or cauliflower purée, cooled*

1 tsp butter, softened

2-3 Tbsp milk

*1 cup mini macaroni noodles, whole grain, cooked and
cooled (use star-shaped noodles for additional fun)*

- 1** Add all the ingredients, except for the noodles, to the Short Cup and blend together until smooth.
- 2** Heat the cheese mixture in a saucepan over medium heat until melted and warm throughout.
- 3** Toss in cooked macaroni noodles.

cream of broccoli soup

Do your best to make broccoli your child's friend at an early age. This recipe is a good way to achieve that goal. It's broccolicious!



Batchbowl



10 seconds

1 cup milk or non-dairy milk substitute

3/4 cup broccoli, boiled/steamed (or 6 oz broccoli purée)[†]*

1 Tbsp butter

1 cup vegetable or chicken broth

1/2 cup broccoli, uncooked, finely chopped

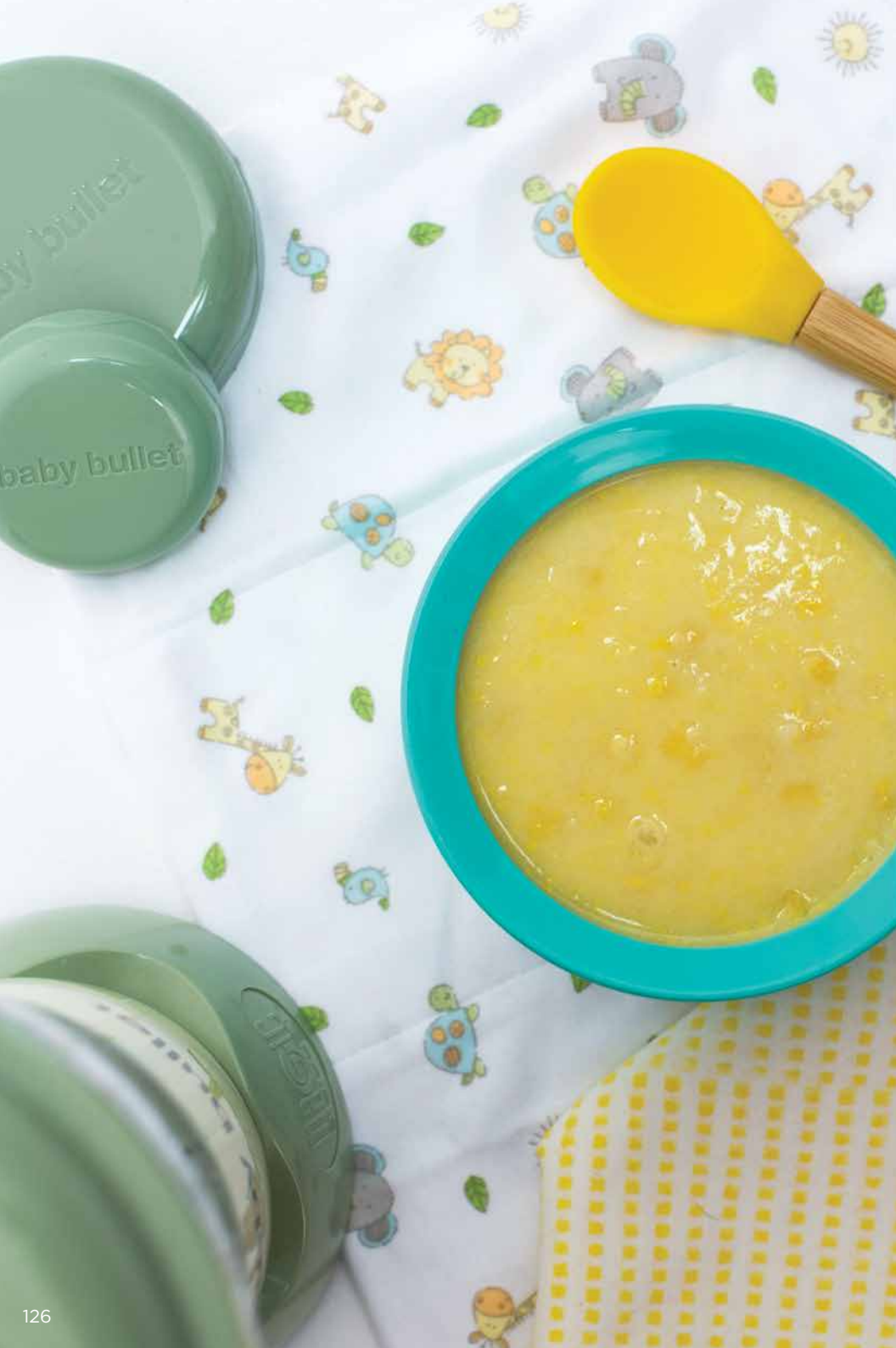
[†]Allow ingredients to cool down completely prior to blending.

- 1** Add all the ingredients to the Batchbowl (except for the chopped broccoli) and blend until smooth.
- 2** Pour the contents into a pot and add the chopped broccoli.
- 3** Heat over medium heat until the broccoli pieces are tender.
- 4** Serve with a dollop of all-natural plain yogurt or sprinkle with parmesan cheese.



[†]There's a Baby Bullet Turbo Steamer for that!





creamy potato & corn soup

Make sure to make enough of this one for yourself! Creamy, hearty and oh so healthy, you're going to love this soup!



Baby Blend
Blade



Batchbowl



10 seconds

.....

1 cup milk (or non-dairy milk)

1/2 white potato, peeled, boiled/steamed
(or 6 oz potato purée)**

1 Tbsp butter

1 cup veggie broth

1 cup corn

**Allow ingredients to cool down completely prior to blending.*

.....

- 1** Add all the ingredients to the Batchbowl (except for the corn) and blend until smooth.
- 2** Pour the contents into a pot and add the corn.
- 3** Heat over medium heat until the corn niblets are tender.



.....

**There's a Baby Bullet Turbo Steamer for that!*

.....

banana bread/muffins

How about a delicious way to get some potassium and vitamin K? These heart-healthy muffins are a surefire crowd pleaser.



Baby Blend
Blade



Batchbowl



30 seconds

3 bananas, large, ripe

1 Tbsp honey

2 eggs

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

1 1/2 cups whole wheat flour

1 tsp pure vanilla

1 apple, boiled/steamed*

(or 4 oz apple purée)[†]

[†]Allow ingredients to cool down completely prior to blending.

- 1 Twist the Baby Blend Blade onto the Batchbowl.
- 2 Add banana, honey and eggs to the Batchbowl and mix well.
- 3 Mix dry ingredients together in a small bowl. (Do not blending in Batchbowl!)
- 4 Blend vanilla, apple/apple purée and dry ingredients. Fold lightly into banana mixture until well mixed.
- 5 Pour batter into lightly greased muffin tins.
- 6 Bake at 375°F for 18–20 minutes. Cool for 10 minutes before removing from tins.



[†]There's a Baby Bullet Turbo Steamer for that!

mango & banana totsicles

A sweet and healthy frozen treat for the whole family.



Baby Blend
Blade



Batchbowl



10 seconds

2 bananas

1/2 cup mango, pitted, peeled, and diced

1/4 cup water

- 1 Add all of the ingredients to the Batchbowl and blend until smooth.
- 2 Use the Soft-Tip Spatula to spoon the ingredients into the Batch Tray.
- 3 Fill as many cups as you can and then insert a plastic spoon into each filled cup (use plastic wrap to keep in place).
- 4 Freeze until hard like a pop.
- 5 Serve and enjoy!

Stage 3 Recipes for 2+



veggie frittata

This delicious egg casserole is a tasty breakfast, lunch OR dinner. Easy to make and great for the entire family, this nutritious meal is full of vitamins, minerals and protein. Dig in!



Baby Blend
Blade



Batchbowl



10 seconds

1/4 cup cheddar cheese, shredded

1/4 carrot, boiled/steamed (or 2 oz carrot purée)[†]*

1/4 zucchini, boiled/steamed (or 2 oz zucchini purée)[†]*

2-3 cherry tomatoes (or 1/2 cup diced tomatoes)

3 eggs

[†]Allow ingredients to cool down completely prior to blending.

- 1 Put all of the ingredients into the Batchbowl and blend until smooth.
- 2 Pour the contents into a baking dish.
- 3 Bake at 350° F for about 35-45 minutes (or until egg is firm and golden brown on top).
- 4 Serve immediately, chill in the refrigerator or freeze for up to 30 days.



[†]There's a Baby Bullet Turbo Steamer for that!

mini broccoli & cheese quiche

Delicious and easy to make, you're going to have a hard time not eating them yourself.



Baby Blend
Blade



Batchbowl



10 seconds

1/4 cup cheddar cheese, shredded

1/4 cup yellow squash, boiled/steamed
(or 1 Baby Bullet serving of yellow squash purée)**

1/4 cup broccoli, boiled/steamed
(or 1 Baby Bullet serving of broccoli purée)**

3 eggs

1/4 cup broccoli, diced, cooked

6 mini pie crusts

**Allow ingredients to cool down completely prior to blending.*

- 1 Put all of the ingredients (except for the pie crusts and diced broccoli) into the Batchbowl.
- 2 Blend until smooth.
- 3 Pour the contents into the mini pie crusts.
- 4 Sprinkle with diced broccoli bits.
- 5 Bake at 350°F for about 25 minutes (or until egg is firm and golden brown on top).
- 6 Serve immediately, chill in the refrigerator or freeze for up to 30 days.



**There's a Baby Bullet Turbo Steamer for that!*



marinara & mini-meatballs

Sloppy spaghetti and mini-meatballs are a mess made in heaven. Fun to make and fun to eat, this is a recipe you'll use again and again.



Baby Blend
Blade



Batchbowl



10 seconds

sauce

2/3 cup carrots, boiled/steamed (or 6 oz carrot purée)[†]

2/3 cup zucchini, boiled/steamed (or 6 oz zucchini purée)[†]*

2-3 roma tomatoes, boiled/steamed[†]*

1 Tbsp olive oil

1 clove garlic (optional)

[†]Allow ingredients to cool down completely prior to blending.

- 1 Add the ingredients to the Batchbowl.
- 2 Blend until smooth (or a bit chunky depending on your preference).
- 3 Pour into a saucepan and heat until warm throughout.

meatballs

1/2 pound lean ground beef or lean ground turkey

*1/4 cup cauliflower, boiled/steamed**

(or 2 oz cauliflower purée)[†]

1 egg

2 pinches oregano

[†]Allow ingredients to cool down completely prior to blending.

- 1 Add the ingredients to the Batchbowl and blend together until the ingredients are mixed.
- 2 Roll the mixture into small balls — about the size of a cherry tomato.
- 3 Cook meatballs in a lightly greased frying pan over low heat until browned and cooked throughout.
- 4 Add meatballs to the marinara, so the meatballs are covered in sauce.
- 5 Pour the meatballs and sauce over Baby's favorite pasta shape and serve.



**There's a Baby Bullet Turbo Steamer for that!*



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Baby Bullet

1-Year *limited* Warranty

Baby Bullet's limited warranty obligations are confined to the terms set forth below: Baby Bullet, LLC, ("Baby Bullet") warrants our Baby Bullet against defects in materials and workmanship for a period of one year from the date of original retail purchase. This limited warranty is valid only in the country in which the product is purchased and comes with the product at no extra charge (an additional four-year extended warranty can be purchased separately, please see details below), however shipping and processing fees will be incurred for returns, replacements and or refunds.

If a defect exists, and Baby Bullet is obligated under this limited warranty, at its option Baby Bullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Baby Bullet's property. When a refund is given, your product becomes Baby Bullet's property.

Obtaining Warranty Service

For limited warranty service, simply call our customer service department at **(800) 500-0675** or contact us via email from our website simply click the **Contact Us** link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate Baby Bullet bar code(s). Before you send your product for limited warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the one-year limited warranty.

Exclusions and Limitations

1. This Baby Bullet One-Year Limited Warranty applies only to Baby Bullet products distributed by or for Baby Bullet that can be identified by the "Baby Bullet" trademark, trade name, logo affixed to it and bar code. Baby Bullet's One-Year Limited Warranty does not apply to any other products that may appear to be authentic, but were not distributed/sold by Baby Bullet, LLC.
2. Normal wear and tear is not covered by this limited warranty. This limited warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
3. This limited warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this limited warranty. Baby Bullet, LLC shall not be liable for any incidental or consequential damages for breach of this limited warranty or any implied warranty on this product.
5. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Baby Bullet is not liable for any damage to products not covered by this warranty (e.g., cups, book, User Guide).
6. This limited warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized parts service); (c) to a product or a part that has been modified in any way; (d) if any Baby Bullet bar code or trademark has been removed or defaced; and or (e) if the product has been used with an adapter/converter.

Baby Bullet 4-Year *limited* Warranty

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Baby Bullet's extended warranty obligations are confined to the terms set forth below:

For a nominal fee, you may purchase an extended four (4) year limited warranty for your Baby Bullet. The four (4) year extended warranty must be purchased within the original one-year limited warranty period (e.g, within one year of the date of purchase) and does not cover shipping and processing fees for returns, replacements and/or refunds.

Baby Bullet, LLC warrants our Baby Bullet against defects in materials and workmanship for a period of four (4) years from the date of the expiration of the one-year limited warranty that comes with the Baby Bullet free of charge. That means, when you purchase the four (4) year extended warranty service you are getting 60 months of coverage from the date of the original purchase. This extended warranty is valid only in the country in which the product is purchased and must be registered at www.mynutriliving.com to be valid.

If a defect exists, and Baby Bullet is obligated under this extended warranty, at its option Baby Bullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Baby Bullet's property. When a refund is given, your product becomes Baby Bullet's property.

Obtaining Warranty Service

For extended warranty service, simply call our customer service department at **1-855-51-4-MYBB (1-855-514-6922)** or contact us via email from our website at www.babybullet.com, simply click the **Contact Us** link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate Baby Bullet bar code(s). Before you send your

product for extended warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the four (4) year extended warranty.

Exclusions and Limitations

1. This Baby Bullet Four (4) Year Extended Warranty applies only to products distributed by or for Baby Bullet that can be identified by the "Baby Bullet" trademark, trade name, logo affixed to it and bar code. Baby Bullet's Four (4) Year Extended Warranty does not apply to any other products that may appear to be authentic, but were not distributed/sold by Baby Bullet, LLC.
2. Normal wear and tear is not covered by this extended warranty. This extended warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
3. This extended warranty applies only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this extended warranty.
5. Baby Bullet, LLC shall not be liable for any incidental or consequential damages for breach of this extended warranty or any implied warranty on this product.
6. This extended warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Baby Bullet is not liable for any damage to products not covered by this warranty (e.g., cups, book, User Guide).
7. This extended warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized or incompatible parts or service); (c) to a product or component that has been modified or altered in any way; (d) if the Baby Bullet bar code or serial number has been removed or defaced; or (e) if the product has been operated with a voltage adapter/converter or with other than a 110/120V AC power source.

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baby bullet[®]

user manual + cookbook

The Baby Bullet system is more than just a baby food maker. In this User Manual and Cookbook, **we have compiled the information new parents and caretakers need and want most** such as an allergy list, when and how to introduce solids, feeding schedules, and age-appropriate recipes.

We are here for you and are invested in helping you raise a healthy eater!



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