



Apple Banana Smoothie

Prep Time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 frozen banana (peeled and chopped)
- 3 medium oranges (squeezed for juice)
- 1 apple (peeled, cored and chopped)
- 1/3 cup milk
- 2 tablespoons chia seeds (optional)



Instructions:

1. Squeeze the oranges into a small bowl and set aside.
2. In a blender combine frozen banana, orange juice, apple, chia seeds, and milk.
3. Blend until smooth.
4. Pour into glasses and serve.



Note: Low fat or almond milk are healthy and delicious substitutes for whole milk.

Avocado Puree

This buttery treat is a wonderful “good fats” food for baby’s brain and physical development. Plus, the creamy texture of perfectly ripe avocado is one that babies seem to love. To help prevent browning, put the avocado pit in the puree when refrigerating.

Ingredients:

- 1 avocado, mashed

Instructions:

If Serving Fresh

1. Mash the avocado with a fork or blend it in a food processor (make sure there’s no lumps for choking hazard reasons).
2. Mix with breastmilk, formula or water to reach desired consistency.

If Freezing

1. Mash the avocado with

a fork or blend it in a food processor.

2. Divide into ice cube trays, wrap/cover, and freeze(for future use).
3. Thaw in the fridge the night before use, or thaw by putting the ice cube in a bowl over a bowl of hot water on the counter to defrost.
4. Once defrosted, add formula or water to reach a smooth consistency.



Baked Sweet Potato Puree

Prep Time: 2 minutes

Cook Time: 45 minutes

Yield: 6 portions

Ingredients:

- 2 yellow or orange sweet potatoes

Instructions:

(Note: It's best to wash potatoes with clean water before placing in oven or microwave)

In Oven

1. Preheat the oven to 400° Fahrenheit.
2. Prick potatoes with a metal skewer or fork.
3. Place on a baking tray and roast for about 45 minutes or until wrinkly and tender.
4. Remove from the oven, cut the potatoes in half,

scoop out the flesh and puree in a food processor until smooth.

5. You can add a little baby formula to thin out the consistency if you wish.

6. It's best to let food cool down before serving.

In Microwave

1. Scrub the sweet potato and prick with a fork.
2. Cook in microwave on high for 8 to 10 minutes until soft.



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3. Cut the sweet potato in half and scoop out the flesh, mix with a little formula milk or cooled boiled water to make a smooth consistency.

4. Allow to cool off before serving to baby.

Note: First foods not suitable for freezing.



Beets and Blueberry Mash

Blueberries and beets cooked together then pureed comes out to a gorgeous deep magenta color. Not to mention it's packed with some of the best nutrients for your baby. It has the perfect amount of sweetness.

Ingredients:

- 2 medium beets, scrubbed well with water, peeled and chopped
- 1/2 cup fresh or frozen blueberries

Instructions:

1. Rinse beets well with water and remove skin with a potato peeler or knife.
2. Chop into one inch cubes and place into a medium saucepan, along with the blueberries.
3. Add just enough water to cover the tops of the beets and blueberries .
4. Cook on a medium-high heat for 10-15 minutes, or until beets are tender enough to mash with a fork or put into a blender or food processor.

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5. Pour into a food processor or blender and blend until smooth.

Note: Make sure that it is smooth with no lumps for baby to choke on.



Black Bean Salsa

Prep time: 4 hours

Cook time: 1 hour

Yield: 6 servings

Ingredients:

Black Bean Preparation

- 1 pound dried black beans, picked through and rinsed
- 1 small onion, cut in half
- 2 ribs celery, cut into 2-inch pieces
- 2 carrots, cut into 2-inch pieces
- 1/2 green bell pepper, cored and seeded
- 3 cloves garlic
- freshly ground black pepper



Salsa Preparation

- 2 cups firm-cooked black beans

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- 2 jalapeño peppers, seeded and minced
- 1 ripe avocado, peeled, pitted and finely diced
- 1 chile, seeded and finely diced
- 1/2 red bell pepper, cored, seeded and finely diced
- 1/2 cup corn kernels (fresh & cooked or frozen & thawed)
- 1/2 cup chopped onion
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste

Instructions:

Black Beans

1. In a large, heavy stockpot, soak the beans in cold water to cover by at least 3 inches for no less than 4 hours, or overnight.
2. Add the vegetables and garlic to the pot of beans and water. Bring to a boil over high heat. Remove any foam that rises to the surface.
3. Reduce the heat and gently simmer the beans, uncovered, stirring occasionally, until tender, 1 hour to 1 hour 15 minutes. Add water as necessary to keep the beans submerged.
4. Season the beans with salt and pepper during the last 10 minutes of cooking. Drain the beans in a

colander and rinse with cold water. Remove and discard the vegetables. The beans are now ready to be used in the salsa, or they can be stored in an airtight container in the refrigerator for up to 3 days.

Salsa

1. Combine all of the ingredients for the salsa in a mixing bowl and toss well.
2. Add more lime juice as needed.

Note: Using dried beans is a much better choice than canned beans because they are fresher and do not have a lot of additives.

Note: Although this recipe says it will take 5 hours you can simply soak the dry beans in water overnight while you sleep. That way they will be ready for you to use when you wake up.



Cucumber, Chile, Tomato, and Avocado Salad

Prep time: 15 minutes

Yield: 4-6 servings

Ingredients:

- 1 large cucumber
- 2 medium sized tomatoes
- 1 avocado, peeled
- 1 green chile (finely chopped)
- 1/4 of an onion
- 1/4 cup chopped fresh cilantro (optional)
- Zest and juice of 1 lime
- 2 tablespoons olive oil.



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Instructions:

1. Cut cucumber, tomato, and avocado into bite sized pieces.
2. Add chopped green chile, onion and chopped cilantro (if using) to bowl with cucumber, tomato, and avocado.
3. Add lime zest and juice, and oil to the vegetables.
4. Stir to coat veggies.

Note: Avocados are rich in healthy fatty acids and are packed with almost 20 important vitamins. Also, it is important to use olive oil and the juice of a lime instead of processed salad dressings to avoid unhealthy additives.

Fresh Orange Juice

Prep Time: 5 min

Total Time: 5 min

Ingredients:

- 4 fresh oranges



Instructions:

1. Cut each orange in half.
2. Squeeze into a glass
3. If you want less pulp, use a hand juicer with a strainer.

Note:

Oranges are already loaded with natural sugars.



Fresh Watermelon Juice

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1/2 watermelon, peeled and chopped
- Juice of two lemons or limes
- Mint leaves (optional)
- Berries and ice cubes, to serve



Instructions:

1. Put watermelon and lemon juice into blender.
2. Blend until smooth.
3. Remove pulp using a strainer.
4. If you want to, add mint, fresh or frozen berries, and ice cubes
5. Stir to combine.
6. Serve immediately.

Note: Watermelon is naturally sweet so there is no need to add sugar to this recipe.

Fruit Infused Water

Prep Time: 5 min

Total Time: 5 min

Ingredients:

- Your favorite fruit
- Water

Instructions:

1. Chop your fruits into pieces
2. Put in glass or pitcher
3. Let soak between 30 minutes and overnight

Note: The longer you soak the fruit, the tastier the drink will become.





Chile/Lime Melon Salad

Prep time: 15 minutes

Yield: 4 servings

Ingredients:

- 4 cups chopped melons
- 1 tbsp fresh cilantro or mint (optional)
- Juice of one lime
- 1/2 tsp chili powder
- 1 tbsp toasted seeds (pumpkin, pinon, sunflower)
- 3 tbsp cheese (suggestions: cottage, parmesan, or feta)



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Instructions:

1. Chop melon into bite sized chunks and not eat or use the rind.
2. Sprinkle with fresh chopped herbs (if you are using them).
3. Squeeze lime juice over fruit.
4. Add Chili powder, pumpkin seeds, and cheese.
5. Stir and serve.

Note: Pumpkin seeds are rich in healthy fats, magnesium, protein, zinc, antioxidants that benefit the heart, liver, immune system, and relieves some symptoms. Other seeds such as sunflower seeds, pinon, and flax also boost energy levels and overall health. They can be easily added to salad dishes.



Peach and Banana Puree

Spice things up in baby's diet with a dash of cinnamon.

Ingredients:

- 2 ripe bananas
- 2 ripe peaches (washed well)
- 1 small pinch of cinnamon

Instructions:

1. Peel bananas and cut apricots into quarters, removing the pit.
2. Using a blender mash bananas.
3. Scoop blended bananas into a medium bowl.
4. Do this until you run out of bananas, then do the same with the peaches.
5. Add a pinch of cinnamon to the bowl and stir all the ingredients together.
6. Portion out into individual size freezer containers.

Peach Tomato Salsa



Prep Time: 12 min

Yield: 1 serving

Ingredients:

- 1 ripe peach, peeled, pitted, diced
- 1 medium tomato cut into 1/2-inch pieces
- 1 tablespoon chopped fresh mint leaves
- 1 tablespoon chopped fresh cilantro
- 1/8 cup chopped onion
- 1 tablespoon lime juice, plus more to taste
- 1 teaspoon seeded and chopped jalapeno

Instructions:

1. Toss all ingredients in a bowl.
2. Season to taste with additional lime juice and jalapeño if desired.



Potato Pepper Roast

Prep time: 45 minutes

Yield: 8-10 Servings

Ingredients:

- 4 pounds of potatoes
- 3 bell peppers
- 1 green chile
- 1 onion
- 4 tablespoons of olive oil
- 2 tablespoons of your favorite herbs (optional)
- Black pepper to taste



Cont. on back...



Instructions:

With stove top

1. Heat pan with olive oil.
2. Add chopped onion and cook until golden.
3. Add chopped potatoes. Cook until softened. Stirring continuously.
4. Add chopped bell pepper, green chile, herbs (if using) and black pepper.
5. Cook until vegetables reach your preferred tenderness.

- OR -

With oven

1. Preheat oven to 425° Fahrenheit.
2. Put chopped vegetables all together in a pan.
3. Pour on the olive oil.
4. Sprinkle herbs and pepper.
5. Roast 45 minutes to an hour.



Southwest Stuffed Peppers

Prep time: 15 minutes (5 hours if using dried beans)

Cook time: 40 minutes

Yield: 6-8 servings

Ingredients:

- 6 large red peppers,
- 1 pound of ground beef
- 1 small onion, diced
- 2 garlic cloves
- 1 cup diced tomato
- 1/2 cup diced chiles
- 1 cup cooked black beans
- 1 cup corn
- 1-½ cups grated cheese



Cont. on back...



Instructions:

Cut the top portion off of each bell pepper and remove the seeds and stem.

For the beans

1. Rinse beans to remove any dirt.
2. Soak for 4- 6 hours (or overnight while you sleep).
3. Place in a pot and cover with about 2-3 inches of water above the beans.
5. Boil for 45 minutes to an hour and ensure that there's always water in the pot. Add more as necessary.

Make the stuffing

1. Brown the ground beef in a large frying pan, breaking it up with a spoon, drain the fat into a can or other shatter-proof container.
2. Add the onion and garlic and saute (about 2 to 3 minutes).
3. Add the chopped tomato, chiles, black

beans, and corn, and cook until the flavors are blended (about 5 minutes).

4. Fill each pepper with the stuffing.

To Cook

1. Set the temperature to 350° Fahrenheit and preheat.
2. When oven is ready put peppers together on a cooking tray, stuffing side up.
3. Bake for 40 minutes. Sprinkle the grated cheese evenly over the peppers. Bake for 5 minutes more, or until the cheese is melted. Enjoy!