Dansa

CONTENTS

SEC. 01		Baby's chef	3
SEC. 02	1	Blade set assembly instructions	5
SEC. 03	1	SWALLOWING STAGE FOR 4-6M OLD BABY	7
SEC. 04	1	TONGUE GRINDING STAGE FOR 7-9M OLD BABY	11
SEC. 05	1	CHEWING STAGE FOR 10+M OLD BABY	15
SEC. 06	1	TRANSIT PERIOD	19
SEC. 07	Т	The Role Of Nutrients	20
SEC. 08		Nutritious Food	21









BABY FOOD PROCESSOR allows parents to meet baby's nutrition needs in any stage



0 to 3 years old is the fastest stage of children's growth. The right nutrition for children during this stage determines the brain development and the establishment of the immune mechanism. Baby nutrition recipes become especially important during this period. **Homia** and parents together lay a solid foundation for the children in this special growth stage.

Homia Infano baby food processor user guidance

Before steaming, add water into the tank first, then put the steaming basket with food cut up with small chunks into stirring cup, after that, put the lid on. Before stirring, the soup left after steaming can be kept to adjust the consistency of the food.













Apple puree

Ingredients: 1/2 an apple, purified water.

Instructions:

- Wash the apple, remove the seeds and cut it into small chunks about 0.6 in, then put them into the steaming basket.
- 2. Add water into the tank below MAX, then steam for 15 minutes.
- Pour the steamed apple into stirring cup, keep the broth, and stir until the apple puree is fine and smooth.

Apple is rich in minerals and vitamins, and it supplies calcium, phosphorus for baby to prevent Rickets. Also it has the effect of strengthening the spleen and stomach and adjusting the vitality and nourishing the blood, with a better therapeutic effect for baby's iron deficiency anemia. Even more, it is also more suitable for indigestion by spleen deficiency babies and apple puree is easier to digest

Carotene in spinach can be transformed into vitamin A in human body, maintaining normal vision and epithelial cel health and increasing the ability to prevent infection to promote baby's growth and development. Also, spinach is rich in carotene, vitamin C, calcium, phosphorus and a certain amount of iron, vitamin E, and other beneficial components which can supply a variety of nutrients for human body. Besides, it can effectively prevent iron deficiency anemia.



Spinach puree

Ingredients: Spinach, purified water.

- 1. Remove the roots after washing the spinach.
- Add water into the tank below MAX, put the spinach into steaming basket to steam for 15 minutes, this will remove oxalic acid to prevent calcium absorption.
- Pour the steamed spinach into the stirring cup, keep the broth, and stir until the spinach puree is fine and smooth.
- 4. The stirred spinach puree is very fine and smooth, can be mixed into rice paste, porridge to feed baby, also can be mixed with eggs for egg soup.



Carrot Puree

Ingredients: ½ a carrot, rice paste, purified water.

Instructions:

- 1. Peel the carrot and cut into cubes about 0.6 in.
- 2. Add water into the tank below MAX, then steam for 20 minutes.
- 3. Mix the prepared rice paste and the steamed carrots, then pour them into the stirring cup.



Carrot is rich in sugar, fat, oil, carotenes, vitamin A, vitamin B1, vitamin B2, calcium, iron and other nutrients, which can improve immune system, playing a very important role for promoting baby's growth and development and their vision. Rice paste is very easy to be absorbed and diaested.

Banana is rich in potassium and magnesium, and contains high protein, minerals. It's not only a good tonic food, but also the best food for a baby with constination



Milk banana puree

Ingredients: $\frac{1}{2}$ a banana, 2 spoons of milk powder, purified water.

- 1. Peel and cut the banana, then put them into the steaming basket.
- 2. Add water into tank below MAX, and steam for 5 minutes.
- 3. Mix the milk, and pour the milk and cooled banana into stirring cup, then stir until fine and smooth.



TONGUE GRINDING STAGE FOR 7-9M OLD BABY

Garden mashed potatoes

Ingredients: Potato, carrot, corn, cucumber, purified water.

Instructions:

- Peel the carrot, potato, cucumber, and cut them into about 0.6 in small chunks. Wash the corn, and put the corn and carrot, potato, cucumber together into steaming basket.
- 2. Add water to the tank below MAX, then steam for 20 minutes.
- 3. Pour the steamed food into stirring cup and add some warm boiled water, then stir until smooth.



Potato can be baby's replacement of rice, because potato supplies more carbohydrates and protein than congee, and it is rich in vitamins and minerals. Potato with corn, cucumber and carrot is very nutritious and simple meal

Avocado is packed with magnesium, potassium and folate. Its helps with vision and your baby's digestion preventing colic. Breasl milk contains all the nutrients and proteins a baby needs to grow healthy. It also contains calcium and amino acids



Avocado milk puree

Ingredients: ½ an avocado, 2 tsp of breast milk or formula.

- Place half a chopped avocado into the stirring cup (without the steaming basket) and 2 tsp of breast/ formula milk.
- 2. Stir/ blend until pureed.



Broccoli & carrot puree

Ingredients: ½ a cup of purified water, ¼ a cup of chopped broccoli, ½ a cup of carrots (peeled & chopped).

Instructions:

- 1. Place finely chopped broccoli and carrots into steaming basket and steam for 12 minutes.
- 2. Pour steamed veggies into the stirring cup and puree; add ½ a cup of water to lower thickness.

Broccoli contains Vitamins K, E, C and A, it also provides magnesium, potassium, calcium, folate, iron and many more. Its helps with vision, anemia, gastric ulcers, constipation and diarrhea. Carrots have many of the same nutrients as broccoli and it also adds fiber to your baby's diet.

Peas are rich in vitamin A, B1, B6, K, and C. They also provide magnesium, potassium, iron, and phosphorus. They are a great source of fibre and lutein that helps with lowering cholesterol and keeping your baby's heart healthy. Sweet potato has many of the same nutrients as peas, except for has beta carotene which helps strengthen the immune system. It also has a good amount of Vitamin E which helps with hair and skin growth.



Peas & sweet potato puree

Ingredients: ¼ a cup of peas, ⅓ a cup of sweet potato, ½ a cup of water.

- 1. Place 1/3 a cup of finely chopped sweet potato and 1/4 a cup of peas into steaming basket and steam for 12 minutes
- 2. Pour steamed veggies into the stirring cup and puree; add ½ a cup of water to lower thickness.



Purple sweet potato toast

Ingredients: one piece of toast, purple sweet potato, 1 banana, 20 ml milk.

Instructions:

- Peel the purple sweet potato and cut into cubes about 0.6 in. Add water into water tank below Max mark. Then put it into steaming basket and steam for 15 minutes.
- Let the steamed purple potato cool for a while and add it together with 20 ml milk into the cup. Do not stop stirring until puree is done. (The fineness of the puree can be adjusted according to the baby's chewing ability).
- 3. Coat the toast evenly with purple potato puree.
- Cut the banana to pieces, put it on the toast and serve. Additionally you may wrap up the toast to make a roll of the size, that the baby can grasp in one hand.

Its water content is very high (95%), but the content of vitamins and minerals is relatively low, the nutritilonal value is average. It is a very common vegetable. It is not only suitable to be used in fried food, not also can be made into the succhining a cake.



Purple sweet potato is rich in dietary fiber, selenium and anthocyanin. Dietary fiber can ease baby's constipation and the selenium is good for baby intelligence development. Besides, the content of anthocyanin in purple sweet potato is close to blueberry and black cycium. It can promote the development of paby's vision and is a very economical anthocyanin food.



Zucchini egg cake

Ingredients: Zucchini right amount, 1 egg, flour right amount, pure water right amount.

- 1. Peel the Zucchini and cut it into cubes about 0.6 in. Put it into the steaming basket.
- 2. Add water into the tank below Max mark and steam for 15 mins.
- 3. Put the steamed Zucchini together with an egg, right amount flour and water in the bowl, and stir. (If the mixture is too thick, it means one egg is not enough. If the egg batter can not flow naturally on the pan and the baked cakes are very thick-it means water is not enough).
- 4. Pour the base oil into the pan and brush evenly. Then pour the egg batter into the pan and turn the handle of pan to make the egg batter flow naturally until it is spread all over the pan bottom. (Cut into four pieces and then turn it over easily).





Protein Mini Pancakes

Ingredients: 2 eggs, 1 banana.

Instructions:

- Chop banana into chunks and place inside stirring cup.
- Then, crack 2 eggs into stirring cup and blend until incorporated.
- 3. In a pan set at medium-high heat, pour small portions of the mix forming little circles.
- 4. Flip mini pancakes when bottom is solid.
- 5. Cook for 5 to 8 minutes and let it cool enough to serve it to baby.



Bananas are rich in potassium, fiber and magnesium. It helps baby with bone growth, digestion, heart health, prevents anemia and promotes brain stamina. Eggs are packed with potassium, proteins, choline and cholesterol. It helps with brain development and organ function; not to mention is an excellent source of protein which keeps nerve and blood cells healthy.

Avocado provides with magnesium, potassium and folate, Its helps with vision and your baby's digestion preventing colic. Whole grain is one the first strong solid food that your baby is introduced to; it helps with digestion and oral health. It contains fiber, antioxidants, B vitamins, phytochemicals, and minerals like iron, copper, zinc and magnesium.



Avocado bread

Ingredients: 1 avocado, 1 slice of whole wheat bread, 1-2 teaspoons of milk (optional).

- 1. Peel, chop an avocado and place into stirring cup.
- 2. Blend until turned into a thick puree.
- 3. (Optional) Add 1 to 2 teaspoons of milk of your choice to reduce thickness.
- 4. Smear avocado mix onto 1 slice of whole wheat toast. Chop into 4 pieces and serve it to your baby.





Banana yogurt

Ingredients: 1 banana, ¼ a cup of plain yogurt.

Instructions:

- Peel and cut the banana into cubes and place in the stirring cup. Then add ¼ a cup of yogurt and blend until turned into a smooth paste.
- Add the other half of the banana into paste and blend until desired consistency and you're ready to serve.



Banana can provide baby with many nutrients and energy. It is rich in sugar, proteins, fiber folic acid and many vitamins. The fruit has many benefits for baby like relieving summer heat, assists in digestion and it serves as good calcium replenishment

This tasty recipe has many nutrients like amino acids, calcium, carbohydrates, carotene and many proteins. These promote growth and give lots of energy to baby.



Pumpkin milk pancake

Ingredients: $\frac{1}{2}$ of pumpkin , $\frac{1}{2}$ a cup of milk of your choice, 2 eggs.

- Peel the pumpkin and remove the seed, cut into 0.6 in cube, put into basket and steam for 15 mins.
- 2. Place the steamed pumpkin into stirring basket and blend until pureed.
- 3. Mix the pumpkin puree with the 2 eggs and $\frac{1}{2}$ a cup of milk in the stirring cup until incorporated.
- Cook batter in a pan at medium-high heat until solid then flip and repeat until pancake it formed. Now it's ready to serve.

THE ROLE OF NUTRIENTS

Nutrients	Effect
VitaminA	Promotes growth, improves resistance to infection diseases, protects vision and keeps skin cells healthy.
Vitamin B1	Regulates gastroinstestion, enhances absorption and maintains the circulation and digestion.
Vitamin B2	It is the required substance for metabolism and energy use of protein, sugar, fatty acids and others.
Vitamin B12	Promotes the storage of vitamin A and cell maturation and metabolism, prevents anemia.
Vitamin C	Connects bones, teeth, enhaces antibodies and immune system and promotes red cell growth.
Vitamin D	Promotes absorption and bone's growth, and regulates calcium absorption.
Vitamin E	Maintains normal muscle growth and metabolism.
Vitamin B9	Anti anemia, maintenance of normal cell growth and immune system function.
Calcium	Prevents rickets, osteoporosis, weakness of the lumbar muscles, numbness of the hands and feet, and muscle spasms.
Magnesium	Prevents cardiovascular disease, intestinal spasm, improves mental status and helps to sleep.
Zinc	Increases appetite, promotes intelligence and growth, and improves immunity.
Iron	Prevents anemia, cold, strengthens immunity and improves attention.
Copper	Prevents anemia, hair discoloration, neurasthenia, rheumatism, joint pain.
Protein	Promotes growth and development and ensures the normal metabolic cycle.
Fiber	Promotes gastrointestinal motility and eliminates excess fat and toxins.