

mumi&bubi™

Solids Starter Kit™



## Recipe Guide

27 baby puree recipes to get you started making healthy, homemade baby food

USA Version



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## Introduction

*Is your baby ready to start SOLIDS?*

Between 5-6 months is a good time to introduce solid foods to your baby. Essential nutrients can be derived from solid foods that your baby needs at this time of their development. The following questions will help you assess the readiness of your baby:

-  Does your baby have good control over its head and neck?
-  Can your baby move its tongue from the back to the front of its mouth?
-  Is your child reaching for food, or following your food with interest during your meals?
-  Does your child seem dissatisfied with only milk and/or do they want more feeds?

If you are unsure if your baby is ready for solid foods or if you have any concerns about introducing any new food to your baby, consult your family doctor.

## Time to Begin...

*3 easy steps to starting SOLIDS!*

**step 1.** Rice cereal fortified with iron will not usually produce an allergic reaction and is an ideal first food for most babies. A baby's iron that they were born with starts to run low at around 6 months of age. Be sure to choose organic, wholegrain baby rice cereal.

**step 2.** Introduce pureed foods with a fairly liquid consistency 1 food at a time and continue with that same food for 3-4 days. This will help to determine any allergies or intolerances your baby may have to the foods you are introducing.

**step 3.** Once your baby has been introduced to a variety of fruits and vegetables, you can combine your cubes together to make an exciting meal for your baby.

**At mumi&bubi, we believe that good nutrition and healthy eating habits begin when your baby starts solids.**

Offering healthy, home-made baby food introduces your baby to “real food” tastes and textures right from the start and allows you to be in control of your baby’s nutrition. When you make it yourself, you know exactly what goes into your baby’s food: nothing more and nothing less than the simple, wholesome goodness that is home-made baby food.

### How Much Should My Baby Eat?

This has to be the most frequently asked question we receive from new parents! All babies are different and the quantity of food that they eat will vary greatly from one baby to another. Your baby will begin their journey into solids with a teaspoon sized portion - or less - for their first time, and gradually increase their portions. Each baby has its own way of telling you that they want more (for example, an open mouth to invite more food), or that they are finished (perhaps a closed mouth or they turn their head away). You will quickly learn your baby’s signals for more please!, or thank you mommy I’m finished :)



### TOOLS REQUIRED TO MAKE BABY FOOD

Making your own baby food is simple and very easy to do. You don’t need any special equipment: a pot for steaming and a good quality hand-held stick blender are all you need to get started making smooth baby purees. A food processor is great if you have one.

### TRAY PREPARATION

Wash your mumi&bubi baby food freezing trays and lids in hot, soapy water, rinse well and air dry before and after each use. Trays are also top shelf dishwasher safe.

### Baby Food Cube Storage

Frozen baby food cubes can be stored right in your mumi&bubi freezing trays for up to 2 weeks. Frozen cubes can be selected and used directly from the trays as needed. For longer-term storage, freeze baby food overnight then remove all the cubes and transfer to a freezer bag the next day for up to 2 months. This will allow you to use the trays again to make more healthy baby food.

### Serving Baby Food

To serve, choose frozen baby food cubes, thaw and heat. Be sure to stir thoroughly and always check the temperature before serving.

### Shopping Lists

Our recipes are grouped into Shopping Lists with 3 different foods in each list. This helps you to be organized and offers your baby a wide variety of food choices.

The Shopping Lists also let you know the quantities to buy so there is no food wastage. The amounts given are to fill 7 cubes, or one row of the tray. To make big batches and fill the whole tray, simply multiply the quantity x3.

**DID YOU KNOW?** Making big batches of baby food and filling a whole tray really saves you time in the long run. This will give you a really good supply of that food to have handy in your freezer. A whole tray, or 21 cubes, is about a 1-month supply when your baby has 1 or 2 cubes of that food every other day or so.

# How to Remove the Cubes

Your mumi&bubi freezing trays and lids are premium storage trays. They are not your typical ice cube trays - although they make great ice! - so please do not twist the trays.



*Most fruit cubes* should slide out easily, due to their natural sugar content. By pressing on one side of the actual cube with your finger or a spoon, it will slide out the other side.



*Some veggies, meat* and meals for older babies may need a bit more help if they seem stuck. With the lid in place, simply run a gentle stream of warm water over the back of the cubes that you wish to remove and they should slide out easily.

**Please note:** Anytime you take a storage container full of food from the freezer and it is twisted or dropped, it might break, so please keep this in mind. With a little care, your Solids Starter Kit™ will see you through baby food and beyond.



# Shopping List 1 SAVORY FOODS

## SWEET POTATO, ZUCCHINI & CARROT

### INGREDIENT

Sweet Potato  
Zucchini  
Carrot

### NUMBER / SIZE

1 small  
2 medium  
2 medium



### Food Preparation: Sweet Potato



1. Peel and wash sweet potato, then dice.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: Zucchini



1. Wash courgettes, discard ends, then slice.
2. Lightly zucchini or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: Carrot



1. Peel and wash carrots, discard ends, then slice.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* This list provides you with 7 nutritious savory meals. Sweet potato, carrot and zucchini are excellent sources of Vitamin A - most important for your baby's eyesight and skin.

Sweet potatoes are loaded with nutrients - Vitamin A & C, iron, calcium, protein, beta-carotene, it's no wonder they are recommended by nutritionists for good health! Easy to digest, they are a perfect first food for your baby.

*Note:* Allow food to cool before freezing.



## APPLE, PEAR AND APRICOT

### INGREDIENT

Apple  
Pear  
Apricot

### NUMBER / SIZE

2 medium  
2 small  
3 large



### Food Preparation: APPLE



1. Peel and wash apple, slice then remove core.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: PEAR



1. Wash and peel pear, slice and remove core.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: APRICOT



1. Wash and peel apricots, slice and remove seeds.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

**Did you know?** This list provides you with 7 stewed fruit meals that are rich in Vitamin C - good for your baby's developing teeth and gums.

Apples contain pectin, a soluble fiber that helps to avoid constipation which can be common when babies start solids.

Pears are recommended for babies with reflux as they are extra gentle on the stomach.



## LENTILS, BROCCOLI AND CAULIFLOWER

### INGREDIENT

### NUMBER / SIZE

Lentils

1 small packet

Broccoli

1 small bunch

Cauliflower

1 small bunch



### Food Preparation: LENTILS



1. Wash lentils, stir into boiling water (1 cup water to 250g lentils).
2. Simmer for 20-30 minutes or until tender, then drain. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: BROCCOLI



1. Wash broccoli, cut into small florets.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: CAULIFLOWER



1. Wash cauliflower, cut into small florets.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* This list provides you with 7 nutritious vegetarian meals. Lentils are an excellent source of protein, the building blocks of your baby's developing body.

Broccoli and cauliflower are packed with Vitamins A and C, are proven immune boosters and full of those all-important antioxidants. Must-have veggies in your growing baby's nutritional plan.

*Note:* Allow food to cool before freezing.





# NECTARINE, LYCHEES AND KIWI FRUIT

## INGREDIENT

## NUMBER / SIZE

Nectarine  
Lychees  
Kiwi Fruit

2 large  
18 lychees  
2 large



### Food Preparation: Nectarine



1. Wash and peel nectarines, slice and remove seeds.
2. Prepare raw or lightly steam. Or, place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: Lychees



1. Wash and peel lychees, slice and remove seeds.
2. Prepare raw or lightly steam. Or, place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: KIWI FRUIT



1. Wash and peel kiwi fruit, then slice.
2. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* The Chinese swear by lychees to relieve stubborn coughs!

This Shopping List provides you with 7 nutritious stewed or fresh fruit meals that are rich in immunity-boosting Vitamin C, as well as calcium for developing bones and teeth.

*Note:* Allow food to cool before freezing.



# Shopping List 5 SAVORY FOODS

## GROUND BEEF OR LAMB, BUTTERNUT SQUASH AND GREEN BEANS

INGREDIENT	NUMBER / SIZE
Ground Beef or Lamb	-
Butternut Squash	8 oz of squash
Green Beans	1 big handful



### When to introduce meat.

First meat should be introduced around 7 months of age, or in consultation with your family doctor.

### Food Preparation: GROUND BEEF OR LAMB



1. Cook thoroughly in a saucepan.
2. Place portions into mumi&bubi tray and freeze.

### Food Preparation: BUTTERNUT SQUASH



1. Peel squash, cut into small pieces.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: GREEN BEANS



1. Wash green beans, cut ends and discard.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

**Did you know?** This list provides you with 7 nutritious savory meals. Meat is rich in protein and iron which are essential for your baby's muscle growth and development.

**Note:** Allow food to cool before freezing.



# PEACH, WATERMELON AND CANTELOUPE

INGREDIENT	NUMBER / SIZE
Peach	2 large
Watermelon (option: seedless)	1/4 of a melon
Canteloupe	1/2 of a melon

## Food Preparation: Peach



1. Wash and peel peaches, slice and remove seeds.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

## Food Preparation: Watermelon



1. Slice flesh from rind, remove seeds and discard.
2. Puree.
3. Place portions into mumi&bubi tray and freeze.

## Food Preparation: Canteloupe



1. Slice flesh from rind, remove seeds and discard.
2. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* This list provides you with 7 nutritious stewed and fresh fruit meals that contain magnesium to aid cardiovascular functions and synthesis of energy in your baby's body.

*Note:* Allow food to cool before freezing.



# Shopping List 7 SAVORY FOODS

## GROUND CHICKEN, MUSHROOMS AND SQUASH

INGREDIENT	NUMBER / SIZE
Ground Chicken	8 oz
Mushrooms	14 large buttons
Squash	1/4 of a squash



### Food Preparation: GROUND CHICKEN

1. Cook thoroughly in a saucepan.
2. Place portions into mumi&bubi tray and freeze.



### Food Preparation: MUSHROOMS

1. Wash mushrooms and slice.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: SQUASH



1. Peel squash, cut into small pieces.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* This list provides you with 7 nutritious savory meals. Squash is rich in beta-carotene, an antioxidant that boosts immunity and protects against toxins, colds, flu and infections.

*Note:* Allow food to cool before freezing.



# MANGO, PLUM AND PAPAYA

## INGREDIENT

## NUMBER / SIZE

Mango	2 small
Plum	3 large
Papaya	1 small



### Food Preparation: Mango



1. Wash and peel mango, slice and remove seed.
2. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: PLUM



1. Wash and peel plums, slice and remove seeds.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: PAPAYA



1. Slice flesh from skin, remove seeds with a spoon.
2. Puree.
3. Place portions into mumi&bubi tray and freeze.

*Did you know?* Mango is packed with Vitamins C & A - a single serving will provide 76% of your daily Vitamin C requirements and 25% for Vitamin A. And the orange colour indicates a healthy dose of cancer-fighting carotenoids.

All yellow fruits are rich in Vitamin A - the powerhouse vitamin for healthy skin and eyes.

*Note:* Allow food to cool before freezing.



## PEAS, BUTTER BEANS AND SPINACH

### INGREDIENT

### NUMBER / SIZE

Peas

1 handful

Butter Beans

1 large handful

Spinach

1/2 of a bunch



### Food Preparation: Peas



1. Rinse under running water.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: Butter Beans



1. Wash butter beans, cut ends and discard.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

### Food Preparation: Spinach



1. Wash spinach, cut into small pieces.
2. Lightly steam or place in a small saucepan with 2-3 tablespoons of boiling water and simmer gently with lid on until tender. Allow to cool. Puree.
3. Place portions into mumi&bubi tray and freeze.

**Did you know?** This list provides you with 7 nutritious savory meals providing vitamins and minerals including anti-oxidants, which protect against cell damage from the effects of environmental pollutants and ultra violet light.

**Note:** Allow food to cool before freezing.