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**Baby Food Recipes
and Feeding Guide**

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Healthy Homemade

Introducing solid foods to your baby is one of the most delightful experiences of parenthood. She's growing up! He's not a newborn anymore! Feeding solids to baby can also come with unnecessary challenges and questions about what the healthiest options are for your little one and how you can be sure that your baby is getting the best you can possibly give. The Baby Brezza One Step Food Maker Deluxe offers a solution for feeding healthful, homemade meals to your baby or toddler in just minutes.

This recipe book is a guide to simple cooking for babies. We hope you find creating homemade meals for your baby with the Baby Brezza One Step Food Maker Deluxe easy, satisfying and fun.

Getting Started

Talk to your pediatrician about when to start feeding solid foods to your baby. Pediatricians usually recommend starting solid foods at 6 months; however, your baby's circumstances may be different so it's best to consult with your doctor.

Always consult with your pediatrician regarding questions about solid foods. This recipe book is meant as a general guide, not as medical advice.

Important tip: New foods should be introduced slowly. Wait at least two or three days before offering a new type of food. This way, if your baby develops an allergic reaction, it will be easier to identify the source.

Quick Reference Chart


Age	Cereal	Fruits	Vegetables	Protein	Dairy
First Foods	Rice, Barley, Oats	Apples, Avocados, Bananas, Pears	Sweet Potatoes, Squash, Green Beans	Not recommended	Not recommended
6 to 8 months	As Above	As Above Plus: Apricots, Avocados, Mangoes, Peaches, Plums, Prunes, Pumpkin	As Above Plus: Carrots, Peas, Zucchini	Chicken, Turkey, Tofu	Consult with your Pediatrician
8 to 10 months	As Above Plus: Flax, Quinoa, Millet, Toast, Cheerios, Graham Crackers*	As Above Plus: Blueberries, Cantaloupe, Melon, Cherries, Cranberries, Dates, Figs, Grapes, Kiwi, Papaya	As Above Plus: Asparagus, Broccoli, Cauliflower, Eggplant, Potato, Onions, Peppers, Leeks, Mushrooms, Parsnips	As Above Plus: Beans, Legumes, Beef, Pork	Consult with your Pediatrician
10 to 12 months	As Above Plus: Pastas	As Above Plus: Cherries, Citrus	As Above Plus: Artichokes, Beets, Corn, Cucumbers, Spinach, Tomatoes	As Above Plus: Eggs (12 months), White Fish	Consult with your Pediatrician

*Check with your pediatrician to determine if your child is ready for finger foods.

Cooking Guidelines for Basic Foods

Ingredients	Recommended Quantity	Cut Food Into	Steam Time (minutes)	Approx. Yield
FRUITS				
Apples ¹	2 Medium	6 mm Diced	15	177 ml
Blueberries ¹	414 ml / 1¾ Cups	Whole	10	237 ml
Mango ¹	1 Large	6 mm Diced	15	237 ml
Peaches ¹	2 Small	6 mm Diced	15	177 ml
Pears ¹	2 Small	6 mm Diced	10	237 ml
Plums ¹	3 Plums	6 mm Diced	15	355 ml
Prunes ²	283g (Approx 32 prunes)	Whole	20	237 ml
VEGETABLES				
Broccoli ²	1 Large Stalk	25mm Florettes	15	177 ml
Butternut Squash	1/3 Squash	6 mm Diced	20	177 ml
Carrot	2 Medium	6 mm Sliced	25	118 ml
Potato ^{2,3}	2 Medium	6 mm Diced	20	237 ml
String Beans (Fresh)	227 g (1¾ Cups)	12 mm Cuts	20	237 ml
String Beans (Frozen)	227 g (1¾ Cups)	12 mm Diced	20	237 ml
Sweet Peas (Frozen)	296 ml or 2 cups	Whole	20	237 ml
Sweet Potato ²	2 Small or 1 Medium	6 mm Diced	25	355 ml
Zucchini/Courgette ¹	1 Medium	6 mm Diced	15	118 ml
MEAT				
Ground Chicken ⁴	227 g or 1 cup	N/A	25	177 ml
Ground Lamb ⁴	227 g or 1 cup	N/A	25	177 ml

Basic Purees

1. Wash, peel, core (if necessary) and cut fruits or vegetables into **small chunks**. Refer to "Cooking Guidelines for Basic Foods" for details on page 3.
2. Place fruit or vegetable into Food Maker Bowl and fill Water Tank with water.
3. Referring to the "Cooking Guidelines for Basic Foods", set Steam & Blend function to the appropriate cook time. Make note of foods that might require some liquid to be added or removed before blending.
4. Press the  button (with green circle).
5. When finished steaming and blending, make sure baby food cools down to a temperature appropriate for your child before feeding. Check consistency to make sure that the recipe is smooth or chunky, as desired. If necessary, press and hold "blend" to puree for additional time. **CAUTION: Always check for any large, unblended chunks of food before serving baby.**
6. Enjoy! You can also store your food in the refrigerator or freezer for later use.

Cooking Tips

- Cut ingredients to approximately 6 - 12 mm pieces before placing in bowl. Smaller pieces of food steam and blend more thoroughly, ensuring proper food texture for your baby to easily swallow and digest.
- Check that there is enough water in the Water Tank before setting the machine to steam. If the Water Tank runs dry, the Food Maker will beep rapidly 5 times to let you know it needs to be refilled.
- The Bowl of the Food Maker can hold up to 3.5 cups of raw ingredients. The machine works best when filled loosely, just under the maximum capacity. Do not pack bowl too tightly.
- All purees can be mixed with additional water, breast milk or formula to create a thinner consistency.
- For best results, use purified water to prevent scaling in the Water Tank.

← Notes on Cooking Guidelines for Basic Foods

- 1- These foods have high water content. For some varieties, we recommend draining water out of the container after steaming, prior to blending.
- 2- Purees from these foods are very thick. We recommend adding 118-177 ml water before blending for best results.
- 3 - Waxy Potatoes such as Yukon Gold are recommended for best results.
- 4 - Limit the amount of meat steamed to 227 g to ensure that all meat reaches a safe internal temperature of 74° C degrees. Always make sure the meat is cooked fully before serving.

Sweet Potato and Banana Puree

Yield: approximately 350 ml

Ingredients

- 1 medium sweet potato, peeled and cut into 6 mm pieces
- ½ small banana, peeled and sliced into 6 mm pieces

Method:

1. Steam sweet potato for 20 minutes
2. Add banana and puree to smooth (approximately 30 seconds)

Optional Flavouring*

- Stir in ground cinnamon or ground nutmeg to taste
- Stir in 120 ml of water, breastmilk or formula to thin

6
months
& up



Turkey and Prune Puree

Yield: approximately 415 ml

Ingredients

- 350 ml of raw ground turkey
- 10 prunes

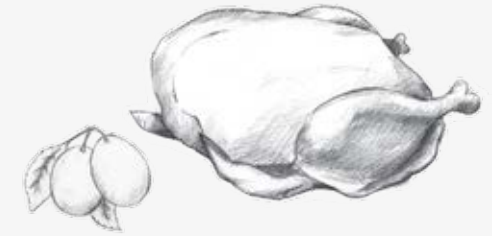
Method:

1. Place prunes in Food Maker, then place turkey on top of prunes. Select "Steam + Blend" for 25 minutes
2. Add 60 ml water, breastmilk or formula and blend for additional 30-60 seconds

Optional Flavourings*

- Steam with a pinch of dried thyme or oregano.
- Blend in 60 ml cooked brown rice, millet or barley
- Blend in 5 ml finely chopped parsley or chives.
- Blend in 15 ml sauteed onions (for babies 8 months and up)
- Stir in 60 -120 ml plain yogurt, water, breastmilk or formula

6
months
& up



Squash and String Bean Puree

Yield: approximately 240 ml

Ingredients

- ⅓ small butternut squash, peeled and cut into 5 mm pieces
- 90 ml string beans cut into 12 mm pieces

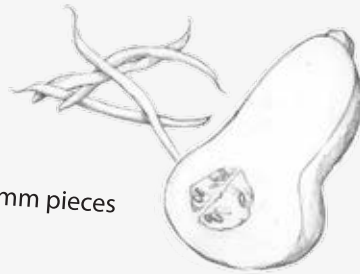
Method:

1. Place squash and beans in Food Maker and select "steam + blend" for 15 minutes
2. Puree for additional 30-60 seconds for desired consistency

Optional Flavorings*

- Blend in 2.5 ml to 5 ml chopped fresh dill
- Blend in 5 ml olive oil
- Stir in water, breastmilk or formula

6
months
& up



Sweet Potato and Apricot Puree

Yield: approximately 300 ml

Ingredients

- 2 small sweet potatoes, peeled and cut into 6 mm pieces
- 1-2 dried apricots.

Method:

1. Place sweet potatoes and apricots in Food Maker and select "steam + blend" for 25 minutes
3. Add 60 ml water, breastmilk or formula and blend for additional 30-60 seconds

6
months
& up

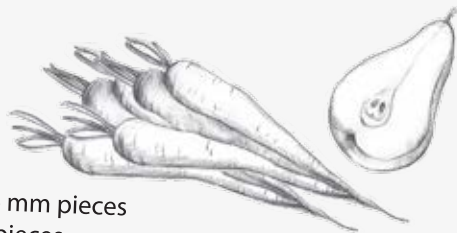


Carrot and Pear Puree

Yield: approximately 235 ml

Ingredients

- 3 medium carrots, peeled and cut into 6 mm pieces
- 1 small pear, peeled and cut into 6 mm pieces



Method:

1. Place carrots and pears in Food Maker, and select "Steam + Blend" for 15 minutes
2. Puree to smooth for an additional 30- 60 seconds

Optional Flavourings*

- Stir in a few drops of fresh ginger juice
- Stir in water, breastmilk or formula

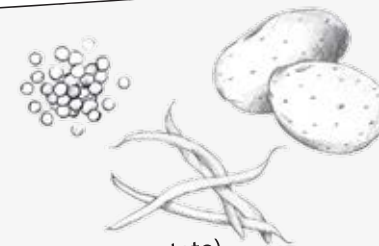
6
months
& up

Greens and Potatoes

Yield: approximately 300 ml

Ingredients

- 120 ml frozen peas (thawed)
- 120 ml green beans, cut into pieces
- 180 ml diced white potatoes (about 1 medium or ½ large potato)



Method:

1. Place peas, green beans and potatoes in Food Maker, and select "Steam + Blend" for 20 minutes
2. For younger babies, add approximately 90 ml of water and blend for an additional 30 seconds for thinner consistency

Optional Flavourings*

- Stir in 5 ml finely chopped chives
- Stir in 15 ml of butter
- Blend in 15 ml of finely chopped sauteed onion

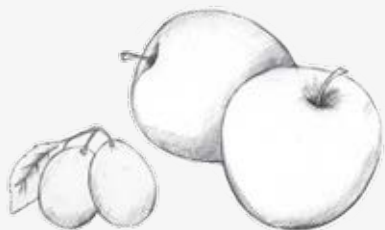
6
months
& up

Apple and Prune Puree

Yield: approximately 180 ml

Ingredients

- 2 apples, peeled and cut in 6 mm pieces
- 4 prunes



Method:

1. Place apples and prunes in Food Maker and select "steam + blend" for 10 minutes
2. Pour off residual liquid and reserve
3. Puree to smooth for an additional 30 seconds. Add residual liquid if needed

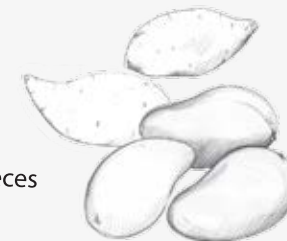
6
months
& up

Fruity Sweet Potatoes

Yield: approximately 355 ml

Ingredients

- 1 medium sweet potato, peeled and cut into 6 mm pieces
- 120 ml diced mango
- 45 ml prune juice



Method:

1. Place sweet potatoes and mangoes in Food Maker and select "steam + blend" for 20 minutes
2. Add prune juice and blend or stir to desired consistency

6
months
& up

Squash and Peaches

Yield: approximately 355 ml

Ingredients

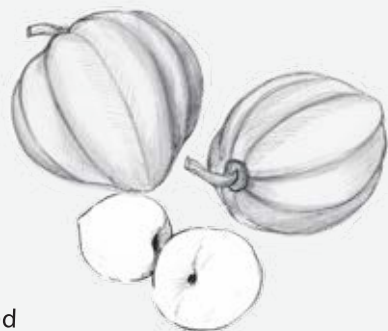
- 235 ml diced acorn squash
- 2 small ripe peaches
- 2.5 ml of maple syrup

Method:

1. Place squash and peaches in Food Maker, and select "Steam + Blend" for 25 minutes
2. Stir in maple syrup

Optional Flavourings*

- Replace squash with sweet potato.



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months
& up

Parsnip and Pear Puree

Yield: approximately 300 ml

Ingredients

- 2 large parsnip, peeled and cut into 6 mm pieces
- ½ ripe pear, peeled and cut into 6 mm pieces

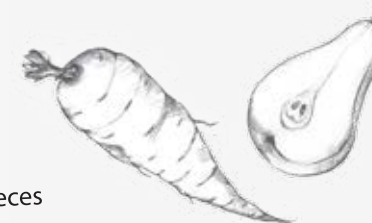
Method:

1. Place parsnip and pear into Food Maker, and select "Steam + Blend" for 15 minutes
2. If thinner consistency is desired, blend additional 30 seconds

Optional Flavourings*

- Steam with a pinch of ground cinnamon or ground allspice
- Steam with 10 ml of butter
- Steam with a pinch of finely chopped rosemary
- Stir in water, breastmilk or formula

8
months
& up



Asparagus and Broccoli Puree

Yield: approximately 300 ml

Ingredients

- 6 asparagus stalks (including tips) cut into 6mm pieces
- 1 large or 2 medium broccoli stalks and florets, roughly chopped

Method:

1. Place asparagus and broccoli in Food Maker and select "steam + blend" for 25 minutes
2. Blend additional 30 seconds if thinner consistency is desired

8
months
& up



Sweet Potato, Parsnip, Apple and Cinnamon Puree

Yield: approximately 300 ml

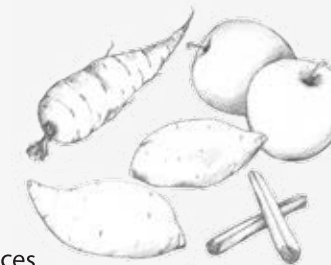
Ingredients

- ½ parsnip, peeled and cut into 6 mm pieces
- 1 small sweet potato, peeled and cut into 6 mm pieces
- ½ apple, peeled and cut into 6 mm pieces
- 2 pinches ground cinnamon or to taste

Method:

1. Place sweet potato, parsnip, apple and cinnamon in Food Maker and select "steam + blend" for 20 minutes
2. Blend additional 30 seconds if thinner consistency is desired

8
months
& up



Lamb and Barley Puree

Yield: approximately 300 ml

Ingredients

- 155 g raw ground lamb
- 355 ml cooked barley
- 10 ml chopped parsley



Method:

1. Place lamb, barley and parsley in Food Maker, and select "Steam + Blend" for 25 minutes
2. Puree to smooth for an additional 60 seconds
3. You may need to break apart pieces of lamb that stick together during cooking

Optional Flavouring*

- Steam in 2 prunes
- Blend in 30 ml sauteed onions
- Blend in 45 ml cooked broccoli
- Stir in 60 ml - 120 ml plain yogurt
- Stir in water, breastmilk or formula

8
months
& up

Millet, Lamb, Sweet Pea and Mint Puree

Yield: approximately 300 ml

Ingredients

- 125 g raw ground lamb
- 140 g frozen peas (thawed)
- 30 g cooked millet
- 15 ml chopped mint*
- 120 ml plain yogurt*



Method:

1. Place lamb and peas in Food Maker and select "Steam + Blend" for 25 minutes
2. Add millet, yogurt and mint and puree to smooth for an additional 45-60 seconds
3. You may need to break apart pieces of lamb that stick together during cooking

8
months
& up

Chicken, Brown Rice, Broccoli and Sesame Puree

Yield: approximately 300 ml

Ingredients

- 115 g raw ground chicken
- 85 g broccoli florets
- 120 ml cooked brown rice
- 5 ml white sesame seeds*
- 5 ml chopped fresh chives*



Method:

1. Place chicken, rice, broccoli, and sesame seeds in Food Maker and select "steam + blend" for 25 minutes
2. Add chives and puree to smooth for an additional 45-60 seconds
3. You may need to break apart pieces of chicken that stick together during cooking

Optional Flavourings*

1. Stir in 60 ml - 120 ml plain yogurt
2. Stir in water, breastmilk or formula

8
months
& up

Squash, Corn, Turkey and Apricot Puree

Yield: approximately 300 ml

Ingredients

- 1/3 small butternut squash, peeled and cut into 6 mm pieces (approximately 475 ml)
- 85 g raw ground turkey
- 60 ml frozen or fresh corn kernels
- 2 dried apricots



Method:

1. Place squash, corn and apricots in Food Maker with turkey on top and select "steam + blend" for 25 minutes
2. Puree to smooth for an additional 60 seconds
3. You may need to break apart pieces of turkey that stick together during cooking

Optional Flavorings*

1. Steam in 1 ml minced fresh sage
2. Stir in 60 - 120 ml plain yogurt
3. Stir in water, breastmilk or formula

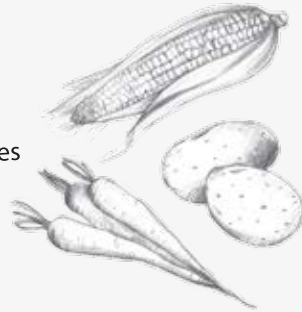
10
months
& up

Potato, Carrot and Corn Puree

Yield: approximately 355 ml before adding yogurt

Ingredients

- 1 medium russet potato, peeled and cut into 6 mm pieces
- ½ medium carrot, peeled and cut into 6 mm pieces
- 120 ml frozen corn niblets
- 2.5 ml chives*
- 120 ml plain yogurt (optional)



Method:

1. Place potatoes, carrot and corn in Food Maker and select "Steam + Blend" for 15 minutes
2. Add chives and puree to smooth for additional 30 seconds
3. Remove from bowl and stir in yogurt if desired

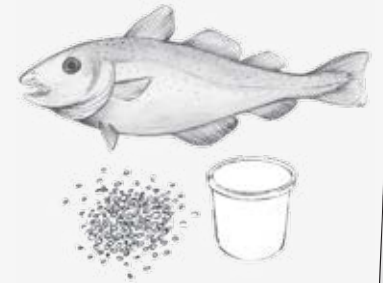
10
months
& up

Creamy Quinoa and Coconut Cod

Yield: Approximately 300 ml

Ingredients

- 120 ml cooked quinoa
- 85 g fresh cod, cut into small pieces
- Pinch of parsley or cardamom
- 30 ml coconut milk or coconut water
- 120 ml whole milk yogurt (optional)



Method:

1. Place cod in Food Maker and select "Steam + Blend" for 20 minutes
2. Add quinoa, parsley or cardamom and coconut milk or coconut water and blend for additional 30-60 seconds to desired consistency
3. Add yogurt (optional)

10
months
& up

Zucchini/Courgettes, Tomato, Avocado and Basil Puree

Yield: approximately 300 ml

Ingredients

- ½ medium zucchini/courgette cut into 6 mm pieces
- 1 large beefsteak tomato, cut into 12 mm wedges
- ½ avocado, sliced*
- 15 ml chopped fresh basil*



Method:

1. Place zucchini/courgette and tomato in Food Maker and select "steam + blend" for 10 minutes
2. Drain residual liquid and reserve
3. Add avocado and basil and puree to smooth for an additional 30-60 seconds, adding back residual liquid as needed

10
months
& up

Drink Your Greens

Yield: approximately 530 ml before adding yogurt

Ingredients

- 120 ml fresh baby spinach, packed tightly
- 1 ripe pear, cut into 6 mm pieces
- ½ cup melon, cut into 6 mm pieces
- 2.5 ml of vanilla
- 235 ml whole milk yogurt



Method:

1. Place spinach, pear and melon in Food Maker and select "steam + blend" for 10 minutes
2. Stir in vanilla
3. Optional: Stir in yogurt and blend for an additional 30 seconds

NOTES:

Practice sippy cup skills. This recipe makes a great drink for older babies. Put in a straw sippy cup for a delicious first drink

10
months
& up