COMBINATION IDEAS

for

Making Homemade

Baby Food


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When can I start to give my baby food combinations? Do I still need to follow the "4 day wait rule" when I make baby food combinations?

When you have introduced your baby to a variety of foods and you know that no allergies are present, you are free to begin combining different foods together. For example, if you have introduced apples and acorn squash, you can combine them and add one new food to the combination. In this example, should your baby have a reaction, you would know it was the new food added to the "old" foods that may be the culprit!

**Most Important:** Leave your own thoughts of "what foods go well together and what foods do not" behind you as you step into the kitchen to conjure up a meal for your baby! Babies do not have the discriminating palates that adults do. They do not know that certain foods should simply never be mixed.

Fruits and veggies are nice mixes for baby; applesauce and carrots is yummy as is peas and pears. You're thinking to yourself, "YUCK those mixes sound absolutely horrid!".

Please insure that your combos are age appropriate for your baby - we have made age suggestions however you should determine if they suit your baby's needs! Make combinations only when you have introduced all foods separately and have checked for food allergies!

(See Also Meals for Fingers & It's Mealtime Baby! links)

**VEGETABLE BABY FOOD COMBINATION IDEAS**

**For Beginners (younger than 7 months old)**

**Squashy Sweet Potato**
Blend acorn or butternut squash together with sweet potatoes

**Squashy Apple Sweet Potato**
Blend apples, acorn or butternut squash together with sweet potatoes

**Green Beans and Apples or Pears**
Blend green beans with apples and/or pears

**For Intermediates (7-8 months and Older)**

**Spicy Squash or Sweet Potatoes**
Add some cinnamon and/or nutmeg to baby's squash or sweet potatoes

**Green Beans and Potatoes**
Blend white potatoes and green beans together - add a bit of pear or applesauce for extra Yum

**Sweet Pea Stew**
Mix Peas and Carrots with Applesauce, Rice or Oatmeal and/or even Yogurt!


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**Carrot Stew**
Mix Apples and Carrots with Rice, Oatmeal or even Yogurt!

**Sweet Potato Pie**
Mix sweet potato, yogurt, cereal and a dash of cinnamon, top with powdered Cheerios - mix well

**FRUIT BABY FOOD COMBINATION IDEAS**
(you may cook some of the fruits together or blend already prepared fruits!)

**For Beginners (younger than 7 months old)**

**Apple Cereal**
Blend applesauce together with oatmeal or rice cereal

**Pumpkin Cereal**
Blend pumpkin puree together with oatmeal or rice cereal

**Banana-‘Cado**
Blend Avocado and Bananas for a great meal or add the blend to baby’s cereal.

**Apple-Pear Sauce**
Blend Apples and Pears (yummy when both are cooked together!)

**Pumpkin Bananas**
Blend pumpkin puree together with bananas

**Pumpkin Bananas Applesauce**
Blend pumpkin puree together with bananas and applesauce

**For Intermediates (7-8 months and Older)**

**Apple Pie**
Combine cereal, yogurt and applesauce together adding a dash of cinnamon, top with powdered Cheerios - mix well

**Pumpkin Pie**
Blend pumpkin puree together with cereal, yogurt and add a dash of cinnamon or nutmeg, top with powdered Cheerios - mix well

**Blueberry (Yogurt) Medley**
Mix Blueberry, Apple, and Pear Sauce. Add yogurt if appropriate. Sprinkle with Powdered Cheerios (optional)
MEAT/PROTEIN BABY FOOD COMBINATION IDEAS
(8 months and Older unless advised by your pediatrician)
Add rice, noodles, or barley for a “hearty” meal!

Turkey/Chicken/Beef Dinner
Blend turkey or chicken or beef with applesauce and squash for a yummy meal.
Blend turkey or chicken or beef with sweet potatoes and/or applesauce
Blend turkey or chicken or beef with sweet potatoes and carrots
Blend turkey or chicken or beef with applesauce and/or carrots
Blend turkey or chicken or beef with pumpkin and squash

Tofu Dinner
Blend tofu, applesauce and squash together for a yummy meal.
Blend tofu, avocado and pears together
Blend tofu, blueberries and bananas together