

Introducing Solids: Readiness Signs and Powerful Purées

From day 1 to baby food expert, I've got 5 delicious purée recipes for your infant during those early feeding days, keeping their health in mind.

But before you offer any solid foods to your baby, it's important to ensure they are developmentally ready. Starting your baby on solids before they are ready can be a safety concern as well as cause health issues, like digestive distress.

Here are the top 6 signs to look for to ensure your baby is ready to begin the exciting world of solid foods:

Readiness Signs

- Baby has good trunk and head control
- She can bring her hands and toys to her mouth on a regular basis
- He can sit relatively well with minimal assistance in a high chair
- Baby is watching others eat or consistently reaching for your food during meals
- She can track something with her eyes when it is held in front of her and then moved from side to side
- The extrusion reflex has disappeared (the tendency to thrust food out of the mouth with tongue)

If your baby has hit all of these readiness milestones and is around 6 months of age, they are ready to begin their introduction to solids!

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nutrition

The next step is to decide what feeding approach to take with your babe. If you've learned a bit about Baby Led Weaning and think that's the route you would like to take when it comes to introducing solids, then **head on over to my blog** to read more about why it might be the right choice for your baby.

However, if you're interested in traditional weaning with purées, or perhaps a hybrid approach to feeding, then here are 5 of my favourite purée recipes that you can try with your baby. You'll notice they move from single foods to more complex combinations. This means you can move through the list as your child's food list grows. It's important to note that, although these are nutrient-dense purée recipes, additional foods should be included in your baby's early diet to meet all nutritional needs.

**I have suggested some produce be organic if they are currently included on *The Dirty Dozen* list.

Powerful Purées

simply pear

(makes 3 cups and can be stored in freezer for future use)

8 pears (organic)

1. Peel, core, and chop pears into cubes
2. Steam until tender, about 8 minutes
3. Using a blender or immersion blender, purée until smooth (no additional liquid needed)

Bonus: feel free to add in 1Tbsp of coconut oil for a boost of healthy fats.



avocado

(makes approx. 3 Tbsp. Avocado cannot be prepped ahead of time, as it will brown. It can also not be frozen)

1/2 ripe avocado

2 Tbsp organic meat/bone broth (if needed)

1. Cut the avocado and remove the pit. Scoop out the fruit with a spoon. Mash with a fork or back of spoon until smooth and serve immediately.

Tip: If needed, add 1 or 2 Tbsp of broth, or use breast milk or formula if the avocado needs thinning out.

squash + apple + cinnamon

(makes 3 cups and can be stored in freezer for future use)

1 pound butternut squash

1 apple (organic)

1 Tbsp hemp seeds (optional)

1 tsp cinnamon

1. Peel, seed, and chop squash into small cups. Steam for about 10 minutes.
2. Peel, core, and chop apple into small cubes and add to the steamer. Steam for an additional 5 minutes, or until tender.
3. Place squash and apple in a blender and purée until smooth. Alternatively, for a chunkier texture, place in a bowl and mash with a fork. Then, stir in cinnamon and hemp seeds, if using.

apple + sweet potato + beets

(makes 3 cups and can be stored in freezer for future use)

- 1 large fresh beet
- 3 apples (organic)
- 1 medium sweet potato
- 2-4 Tbsp of filtered water or meat/bone broth

1. Peel and chop the beet and sweet potato into small cubes. Steam for about 30-40 minutes.
2. Peel, core, and chop the apples and add to the steamer, steaming for another 10 minutes, or until tender.
3. Using a blender or immersion blender, purée until smooth, adding liquid as needed.

pear + broccoli + spinach

(makes 3 cups and can be stored in freezer for future use)

- 4 pears (organic)
- 1/2 head of broccoli
- 1 handful of baby spinach (organic)
- 2-4 Tbsp of filtered water or meat/bone broth

1. Peel, core, and chop pears into cubes
2. Peel the broccoli stem to remove the outer layer (it is high fibre and can be hard on baby's digestion). Cut 1 inch off the bottom and discard. Chop florets and stem into small pieces. Steam for 5 minutes.
3. Add the pear and steam for an additional 6 minutes. At the end, add the spinach and let wilt for a couple of minutes.
4. Purée, adding enough liquid to make a thick texture, or leave chunky if desired.

pear + sweet potato + carrots + blueberries

(makes 3 cups and can be stored in freezer for future use)

3 carrots

1 medium sweet potato

3 apples (organic)

1 cup fresh or frozen blueberries

2-4 Tbsp of filtered water or meat/bone broth

1. Peel and chop carrots and sweet potato into small cubes. Steam for about 15 minutes.
2. Peel, core, and chop apples into chunks and add to the steamer for an additional 10 minutes, adding the blueberries for the final 5 minutes.
3. Purée, adding enough liquid to make a thick texture, or leave chunky if desired.