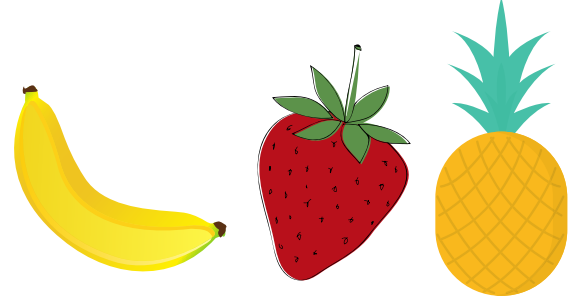


how to make HIGH CALORIE BABY FOOD

FRUIT

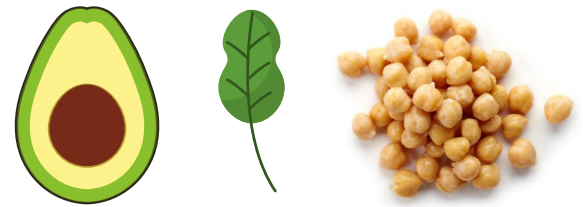
1 banana
1/2 - 1 cup fruit (strawberries, pineapple, mango, peach, plums, pears, apples)



DO NOT USE BLUEBERRIES, CHERRIES, OR PAPAYA UNLESS SERVING IMMEDIATELY

NUTRITIOUS ADD-INS

avocado
chickpeas
oatmeal
spinach or steamed kale
steamed veggies, such as carrots, beets, cauliflower, butternut squash, pumpkin, peas



HEALTHY FATS

nut butter (1-2 tablespoons)
avocado oil, olive oil, or coconut oil (1/2 - 1 tablespoon)



BLEND UNTIL SMOOTH

add 1-2 tablespoons of juice, if too thick
strain through a fine mesh sieve, if not 100% smooth



STORE

in a reusable pouch or a small container with a tight fitting lid
refrigerate for up to 3 days (makes 2 - 3 1/2 cup servings)

VISIT

<https://highchairchronicles.com>
for more nutritious ingredient ideas

high chair chronicles 
...our picky eating journey

TALK TO YOUR PEDIATRICIAN ABOUT FOOD ALLERGIES AND PROPER NUTRITION
FOR YOUR CHILD BEFORE MAKING YOUR OWN BABY FOOD