

Parenting Advice: Make Your Own Fresh Baby Food



By

[Ivana Jarmon](#)

Making your own fresh baby food means you know exactly what you're feeding your baby, it also means saving money. By making your fresh baby food, you can expose your child to a wide variety of flavors. You also expose them to a much healthier and nutrition filled diet. Homemade baby food can be very simple: you could choose from fresh or canned fruit, fresh or frozen produce, grains etc. A great, easy baby food to make from scratch is a fruit or vegetable puréed food. Puréed baby food allows your baby to practice their chewing and swallowing skills. To show you how easy it is to puree. We have some [parenting advice](#) to help you make your own fresh peach puree baby food. Recipe was used from Premeditated Leftovers Recipe.

Check out our parenting advice on how to make your own fresh baby food!

1. Ingredients and tools: Grab your ingredients from your local grocery store. You will need: 6 peaches to make enough to fill 1 standard ice tray). Tools: hand held peeler, blender or food processor, small to medium pot with steamer basket and water. This recipe serves 12, prep time should take 15 mins, cook time 15 mins. Everything should take about 30 mins.

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2. Process: You will first want to peel and cook them first, either by baking or boiling them. It will not only make it easier for you to puree them, but the cooking process will prove easier for your baby digestion system.

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3. Directions: You will want to begin by peeling your peaches and cut them into smaller pieces. Fill your pot with water, a little below the steamer basket, and then you're your peaches and top it off with the lid. Allow the water to come to a low boil and let your peaches to steam for 15 minutes. FYI the larger and firmer the pieces are, the more time they will need. Remove once you can easy cut the peach with a fork. Place the peaches in your blender and puree.

4. Finish: Feed your baby and watch them enjoy their homemade meal! Be sure to pack away the left overs and put them in the refrigerator or freezer.

Have any more tips on how to make fresh baby food? Comment Below.