



30 BABY FOOD RECIPES

Nutritious homemade meals for every stage

The Modern mama

Introduction

Feeding a baby can feel like a daily puzzle - how to keep meals nutritious, safe, and age-appropriate while still making them easy to prepare. If you've ever stood in the kitchen wondering whether a texture is right or whether your baby will actually eat, you're not alone.

This book gives you practical, ingredient-based ideas you can use right away, organized around simple purees and soft, mashable meals. You'll find five foundational recipes in **30 Baby Food Recipes** that teach you how to build flavors, adjust textures, and serve confidently from spoon to bowl.

Gentle Carrot & Pea Mash

Prep Summary

Prep: 8 min |Cook: 12 min |Total: 20 min |Serves: 3-4 |Difficulty: Easy

Before You Cook

This Gentle Carrot & Pea Mash follows the fruit-and-dairy pattern of the previous recipe but focuses on vegetables to introduce a mild savory profile and new textures. Expect simple steps, about 8 minutes of hands-on prep and a short simmer. Active stove time is brief; most of the cooking is gentle simmering and resting so pieces soften evenly. A small saucepan with a tight-fitting lid and either a potato masher or immersion blender are the key tools that make this straightforward.

This recipe is worth the effort because it blends naturally sweet carrots with tender peas and a touch of whole-milk for added creaminess and fat that helps babies accept vegetable flavors. It's designed to be spoonable for babies transitioning from purees to soft morsels while still offering identifiable vegetable bits for sensory learning. Plan to cool to lukewarm before serving; the texture should be cohesive but not gummy.

What You Need

Produce

- Carrots, peeled and cut into 1/2-inch (12 mm) rounds: 2 medium (about 250 g)
- Frozen peas (no salt, thawed): 3/4 cup (115 g)

Dairy & Protein

- Whole-milk (or breastmilk/formula for younger babies): 3 Tbsp (45 ml)
- Unsalted unsalted butter or olive oil: 1 tsp (5 ml), room temperature

Pantry & Liquids

- Water: 1/4 cup (60 ml)
- Low-sodium vegetable or chicken stock (optional, for older babies 8+ months): 2 Tbsp (30 ml)

Spices & Extras

- Ground cumin: a light pinch (optional, for babies 8+ months)
- Black pepper: none (avoid for under 12 months); skip entirely for younger babies

Optional add-ons (max 4)

- Mashed cooked potato: 2 Tbsp (for thicker mash)
- Plain whole-milk yogurt: 1 Tbsp (to swap for milk)
- Finely chopped fresh dill or parsley: 1 tsp (for older babies)
- Cooked quinoa: 2 Tbsp (for added texture and protein)

Prep notes: Carrots should be uniform in thickness to ensure even cooking; thaw peas before adding so they don't cool the pot.

Cooking

1. Place the sliced carrots in a small saucepan with 1/4 cup water. Cover and bring to a gentle simmer over medium heat. (Time: 6-8 min; visual cue: small steady bubbles around the edge.)
2. After 6 minutes, add the thawed peas and the optional stock if using. Replace the lid and continue simmering until carrots are fork-tender and peas are soft. (Time: 3-4 min; tactile cue: carrot slice yields easily to a fork.)
3. Drain any excess liquid, reserving 1-2 tablespoons of the cooking liquid. Return vegetables to the warm pan off the heat. (Time: 30 sec.)
4. Add the whole-milk and butter (or oil). Use a potato masher to mash to a soft, slightly textured consistency suitable for your baby's stage. For younger babies, mash smoother; for older babies, leave small pea bits. (Time: 1-2 min.)

Note: For a silkier finish, pulse with an immersion blender for 2-4 seconds - do not overblend or it will become gluey.

5. Taste (adult) and, if using for babies 8+ months, add a light pinch of ground cumin and stir. Check temperature - it should be lukewarm (close to body temperature). (Time: 30 sec.)
6. Portion into 2-3 tablespoon servings. Cool to lukewarm before serving or refrigerate up to 48 hours. For freezing, spread single servings on a tray and freeze 1-2 hours, then transfer to a labeled bag for up to one month.

Cook's Tips

Avoid overcooking: carrots that cook too long can become waterlogged and lose sweetness. Keep an eye on timing and test with a fork. Make-ahead: this mash reheats well - gently warm in a small pan with a teaspoon of milk and stir to restore creaminess. For a dairy-free variation, swap the whole-milk and butter for 3 Tbsp breastmilk/formula or 1 Tbsp olive oil and 2 Tbsp reserved cooking liquid.

Swap It: replace frozen peas with fresh shelled peas (150 g) but add them later in the simmer so they don't turn mushy.

Shorthand Recipe

Simmer sliced carrots in 1/4 cup water 6-8 min, add thawed peas and simmer 3-4 min until tender; drain, mash with 3 Tbsp whole-milk and 1 tsp butter to a soft texture, cool to lukewarm and portion.

Mild Butternut Squash & Apple Purée

At a Glance

P rep: 8 min | Cook: 15 min | Total: 23 min | Serves: 3-4 | Difficulty: Easy

Introduction

Mild Butternut Squash & Apple Purée follows the gentle-vegetable-plus-fruit pattern after Gentle Carrot & Pea Mash, offering a naturally sweet, lightly spiced option that helps babies accept new flavors without overwhelming their palate. The butternut brings a creamy base rich in beta-carotene and texture, while the apple adds bright sweetness and a familiar fruit note that many infants already accept.

The finished purée should be smooth but not paper-thin - spoonable and slightly thick so it coats the spoon and is easy for babies learning to control swallowing. Expect a warm golden-orange color and a mellow, slightly sweet taste. This recipe is designed to cool to lukewarm before serving and to portion easily for freezing in two-tablespoon cubes.

INGREDIENTS

Produce

- Butternut squash, peeled, seeded, and cut into 1-inch (25 mm) cubes: 2 cups (about 300 g)
- Apple (sweet variety like Gala or Fuji), peeled, cored and diced: 1 medium (about 150 g)

Pantry & Liquids

- Water: 1/3 cup (80 ml)
- Whole-milk (or breastmilk/formula for younger infants): 2 Tbsp (30 ml)

Spices & Extras

- Unsalted butter or neutral oil (olive or avocado): 1 tsp (5 ml)
- Ground cinnamon: a light pinch (optional, for 8+ months)

Optional add-ons (max 4)

- Plain whole-milk yogurt: 1 Tbsp (for creamier texture)
- Cooked brown rice or oats: 2 Tbsp (to thicken for older babies)
- Ground flaxseed: 1/2 tsp (for babies already introduced to seeds)
- A small squeeze of lemon juice: 1/8 tsp (optional, for 8+ months to brighten flavor)

INSTRUCTIONS

1. Prepare squash and apple: peel, seed, and cube the squash uniformly; peel and dice the apple to similar-sized pieces so everything softens evenly. (Time: 6-8 min.)
2. Place squash and apple in a small saucepan with 1/3 cup water. Cover and bring to a gentle simmer over medium heat. (Time to simmer: ~2-3 min; visual cue: small steady bubbles at the edge.)
3. Reduce heat to low, keep the pan covered, and cook until squash cubes are fork-tender and apple pieces easily yield to the back of a spoon. (Time: 10-12 min; tactile cue: squash pierces without resistance.)
4. Drain any excess liquid, reserving 1-2 tablespoons of the cooking liquid. Return solids to the warm pan off the heat. (Time: 30 sec.)
5. Add 2 tablespoons whole-milk and 1 teaspoon butter or oil. Use an immersion blender or transfer to a small food processor and pulse until smooth but still slightly thick. For a chunkier texture for older babies, mash with a fork or potato masher instead. (Time: 30-60 sec.)

Pro Tip: If the purée becomes gluey, you likely over-blended; stir in 1-2 tsp reserved cooking liquid instead of additional milk to loosen without changing flavor.

6. Stir a light pinch of cinnamon if using (only for babies 8+ months). Check temperature - cool to lukewarm (near body temperature) before serving. Portion into 2 Tbsp servings, refrigerate up to 48 hours, or freeze single portions for up to one month.

Chef Notes & Variations

Store this purée in airtight containers; it reheats well when warmed gently on the stovetop with a splash of reserved cooking liquid and stirred to restore creaminess. For plating, offer spoonfuls in a shallow bowl and pair with a soft oat finger or toast strip for older babies practicing self-feeding; the purée's thicker consistency helps with scooping.

Variation: Roasted version - toss squash cubes with a tiny drizzle of oil and roast at 400°F (200°C) for 20-25 minutes until caramelized, then combine with steamed apple and blend for a deeper flavor. Swap It: replace whole-milk with breastmilk/formula (1:1) for infants under 12 months if you prefer non-dairy.

Quick Version

Simmer cubed butternut and diced apple in 1/3 cup water until tender (10-12 min), drain, blend with 2 Tbsp milk and 1 tsp butter to a smooth purée, cool to lukewarm and portion.

Bright Beet & Pear Purée

Quick Stats

Prep: 10 min |Cook: 18 min |Total: 28 min |Serves: 3-4 |Difficulty: Easy

About This Dish

Bright Beet & Pear Purée pairs the earthy, sweet flavor of roasted beets with the gentle juiciness of ripe pear to create a balanced, colorful purée that helps introduce an otherwise strong vegetable in a baby-friendly way. The idea follows the fruit-plus-vegetable pattern used earlier in the book: a naturally sweet fruit tames the earthiness of beet, while a touch of neutral fat smooths texture and aids acceptance. Expect a mild, slightly sweet fresh-earth flavor and a deep rosy color that appeals visually without strong spice.

This recipe is built for babies transitioning from smooth purées to thicker spoonable textures. Roasting the beets concentrates their sweetness and reduces the metallic notes some infants dislike. The finished purée should be velvety but not paper-thin - thick enough to coat a spoon and easy for a baby learning to manage swallow and tongue motion. It also freezes well in two-tablespoon portions for quick servings.

What You Need

Produce

- Red beets, medium, trimmed and scrubbed: 2 (about 300 g total)
- Ripe pear (Bosc or Bartlett), peeled, cored, and diced: 1 medium (about 150 g)

Pantry & Liquids

- Water: 1/4 cup (60 ml)

Dairy & Fat (choose one)

- Whole-milk (or breastmilk/formula for younger babies): 2 Tbsp (30 ml)
- Unsalted butter or neutral oil (olive, avocado): 1 tsp (5 ml)

Spices & Extras

- Fresh lemon juice: 1/8 tsp (optional, for 8+ months) - brightens flavor

Optional add-ons (max 4)

- Plain whole-milk yogurt: 1 Tbsp (for creamier texture)
- Cooked quinoa: 2 Tbsp (to add texture and protein)
- Ground ginger: a very small pinch (for 9+ months only)
- Chopped fresh mint: 1/2 tsp (for older babies as a flavor note)

How to Make It

1. Preheat oven to 400°F (200°C). Wrap each beet in foil and place on a baking sheet. Roast until fork-tender and a knife slides easily through (Time: 40-50 min; visual cue: skin puckers and beet yields to a skewer). Let cool slightly. Note: roasting time varies by beet size; medium beets take about 45 minutes.
2. While beets roast, peel and dice the pear into 1/2-inch (12 mm) pieces. Place pear and 1/4 cup water in a small saucepan, cover, and simmer over low heat until pear is soft and translucent (Time: 6-8 min; visual cue: pieces become glossy and the edges collapse).
3. Unwrap beets and rub off skins with a paper towel or small paring knife - skins should slip away easily. (Time: 1-2 min; tactile cue: skin separates without scraping into the flesh.)
4. Cut roasted beet into 1-inch pieces and add to the saucepan with the softened pear. Keep the heat low so the mixture stays warm but not boiling. (Time: 30 sec.)
5. Transfer beet and pear to a small blender or food processor. Add 2 Tbsp whole-milk (or chosen fat) and blend to a smooth, spoonable purée. (Time: 30-60 sec; visual cue: color becomes uniform and texture looks glossy.)

Pro Tip: If the blender clings or the purée looks gluey from over-blending, add 1-2 tsp reserved pear cooking liquid to loosen the texture without diluting flavor.

6. Taste (adult) and, if using for babies 8+ months, stir in 1/8 tsp lemon juice to brighten the flavor. Cool to lukewarm (close to body temperature) before serving. Portion into 2-Tbsp servings, refrigerate up to 48 hours or freeze for up to one month.

Tips and Swaps

Roasting concentrates beet sweetness and reduces any metallic notes; if short on time, steam beets whole for 20-25 minutes until tender and proceed the same way. Make-ahead: roast a larger batch of beets and freeze individual 1/2-cup portions - thaw and mix with fresh pear or applesauce for quick meals. For a dairy-free version, swap whole-milk and butter for 2 Tbsp breastmilk/formula or 1 tsp avocado oil.

Swap It: replace pear with a sweet apple (Gala or Fuji), steamed until soft, for a slightly firmer texture and less juice.

Serving suggestion: offer this purée as a spoonable first food or spread a thin layer on a soft oat finger for older babies practicing self-feeding - its thick consistency helps with scooping and tongue control.

In a Nutshell

Roast beets until tender, simmer pear until soft, blend together with 2 Tbsp milk or oil to a velvety, spoonable purée, cool to lukewarm and portion.

Sunny Mango & Coconut Purée

Time and Servings

P rep: 8 min | Cook: 6 min | Total: 14 min | Serves: 3-4 | Difficulty: Easy

Why This Recipe

Ripe mango and a hint of coconut create a bright, creamy purée that helps introduce tropical flavors without overwhelming a baby's palate. This recipe solves the "wanting something sweet but simple" problem - when you need a quick, naturally sweet fruit food that's smooth enough for early purée stages yet rich enough to satisfy older infants learning texture. The mango supplies natural sugars and vitamin A, while a touch of coconut oil or coconut milk adds healthy fat that helps with nutrient absorption and gives the purée a silkier mouthfeel.

Expect a silky, spoonable texture that's smooth but not paper-thin, with a gentle tropical sweetness and a faint coconut background note. Babies who like banana or pear often accept this mango purée quickly because the texture and sweetness are familiar; those new to mango may prefer a thinner first spoonful. Parents who want a make-ahead option will appreciate how well this freezes in small portions and how easily it thaws without separating.

Shopping List

Produce

- Ripe mango: 1 large (about 300-350 g peeled flesh)

Pantry & Liquids

- Water: 2-3 Tbsp (30-45 ml) - pantry staple
- Canned full-fat coconut milk: 2 Tbsp (30 ml) OR unsweetened coconut cream (see note) - may require a store trip
- Coconut oil (refined, neutral) - 1 tsp (5 ml) as an alternative (pantry staple)

Spices & Extras

- Fresh lime zest: a very small pinch (optional, 8+ months)
- Ground cinnamon: a light pinch (optional, 8+ months)

Optional add-ons (max 4)

- Plain whole-milk yogurt: 1 Tbsp (for 9+ months)
- Cooked quinoa: 2 Tbsp (to add texture for older babies)
- Chia seeds (ground): 1/4 tsp (for 10+ months)
- A few drops of breastmilk or formula: 1 tsp (for infants under 12 months)

Step by Step

1. Peel and dice the mango into roughly 1-inch pieces. Aim for even pieces so the blender or processor works efficiently. (Time: 4-6 min; visual cue: bright orange flesh, no fibrous skin remaining.)
2. If using coconut milk from a can, stir well to combine cream and liquid so it's uniform. Measure 2 tablespoons. If using coconut oil, have 1 teaspoon ready at room temperature. (Time: 30 sec.)
3. Place mango pieces in a small blender or food processor. Add 2 tablespoons coconut milk (or 1 tsp coconut oil) and 2 tablespoons water to start. **Emphasis:** start with less liquid to keep the purée thick and add more only if needed. (Time: 30-45 sec blending.)
4. Blend to a smooth, glossy purée. Stop and scrape down the sides once; check texture. Add another teaspoon of water if it clings or looks too stiff. (Time: 15-30 sec; visual cue: uniform bright orange, no fibrous strands.)
5. Taste (adult) and, if baby is 8+ months and you want brightness, add a tiny pinch of lime zest or cinnamon. Blend once more for 5-10 seconds to integrate. **Note:** avoid lime juice for babies under 8 months due to acidity.
6. Cool to lukewarm (near body temperature) before serving. Portion into 2-3 Tbsp servings, refrigerate up to 48 hours, or freeze in ice-cube trays for up to one

month. (Time: cooling 10-15 min for safety; visual cue: no steam, comfortably warm to the touch.)

Pro Tip: If the purée becomes stringy, pulse briefly instead of long blending; overworked fibrous mangoes pulls out strands.

Kitchen Notes

Store chilled purée in airtight containers for up to 48 hours. For freezing, use a silicone ice cube tray and transfer solid cubes into a labeled freezer bag - thaw overnight in the fridge or warm gently in a bowl set over warm water. Reheat only to lukewarm; avoid hot microwaving which creates hot spots. Swap It: for a dairy option, replace coconut milk with 2 Tbsp whole-milk or 1 Tbsp breastmilk/formula for infants under 12 months.

Practical variation: for older babies, fold in 1 Tbsp plain yogurt after cooling for extra protein and a tangy contrast.

The Short Version

Blend ripe mango with 2 Tbsp coconut milk and 2-3 Tbsp water to a smooth, spoonable purée; cool to lukewarm and portion into 2-3 Tbsp servings for fridge or freezer.

Broccoli & Cheddar Comfort Purée

Recipe Overview

Prep: 10 min | Cook: 12 min | Total: 22 min | Serves: 3-4 | Difficulty: Easy

The Dish

Broccoli & Cheddar Comfort Purée pairs tender steamed broccoli with mild cheddar and a touch of milk to create a creamy, baby-friendly vegetable purée that eases broccoli into your baby's diet. The idea follows the fruit-plus-vegetable pattern used earlier in the book but leans savory: a familiar dairy flavor tames broccoli's green bite and provides fat and calcium, making this a balanced, nutrient-dense option for infants moving from smooth purées toward lumpier textures.

The finished purée is pale green with soft flecks of deeper broccoli and a gentle cheesy aroma. On the tongue it should feel velvety but substantial - thick enough to coat a spoon without being gluey. Babies often accept the mild, slightly sweet cheddar note more readily than plain broccoli; for older infants you can leave a little texture by mashing rather than fully blending. Takeaway: this recipe teaches an early appreciation for savory flavors while delivering iron-absorption-helping fat and vitamin C from broccoli.

INGREDIENTS

Produce

- Fresh broccoli florets, trimmed: 12 oz (340 g)

Dairy & Protein

- Mild cheddar cheese, shredded: 2 oz (56 g)
- Whole milk (or breastmilk/formula for infants under 12 months): 3 Tbsp (45 ml)
- Unsalted butter (optional for richness): 1 tsp (5 g)

Pantry & Liquids

- Low-sodium vegetable or chicken broth (or water): 1/4 cup (60 ml)

Spices & Extras

- Ground black pepper: a very small pinch (optional, 9+ months)
- Fresh lemon zest: a tiny pinch (optional, 8+ months) - optional, not juice

Optional add-ons (max 4)

- Plain whole-milk yogurt: 1 Tbsp (for creamier texture, 9+ months)
- Cooked quinoa: 2 Tbsp (to add protein and texture)
- Nutritional yeast: 1/2 tsp (for cheesy flavor, 10+ months)
- Mashed potato or cooked sweet potato: 2 Tbsp (to thicken without dairy)

METHOD

1. Cut broccoli into small, even florets so they cook uniformly. Rinse and drain. (Time: 3-4 min; visual cue: bright green, no dirt on stems.)

2. Steam broccoli over boiling water in a steamer basket, covered, until very tender and bright green. (Time: 6-8 min; doneness cues: florets are easily pierced with a fork and stems yield when pressed; aroma becomes vegetal and slightly sweet.)
3. Meanwhile, warm the milk and broth together in a small saucepan over low heat until just steaming - do not boil. (Time: 1-2 min; visual cue: small steam wisps, gentle shimmer on surface.)
4. Transfer steamed broccoli to a blender or food processor. Add shredded cheddar and the warmed milk-broth mixture. (Time: 30 sec prep.)

Note: cheddar melts better if it's room temperature; grate finely for quicker melting.

5. Blend to desired texture: for smooth purée blend 30-60 seconds until glossy; for chunkier texture pulse to mash and then stop. (Sensory cue: smooth purée looks uniform with a slight sheen; chunkier mash shows small broccoli flecks and softness when stirred.)
6. Stir in 1 tsp butter if using, and taste (adult). Add a tiny pinch of black pepper or lemon zest only if baby is 8-9+ months and already used to mild seasonings. Cool to lukewarm before serving. (Time: cool 5-10 min; temperature cue: no steam, comfortably warm to the wrist.)

Pro Tip: If purée is too thick, thin with 1-2 tsp extra milk or reserved steaming liquid rather than water to keep flavor.

Serving and Storage

Serve spooned onto a shallow dish or spread lightly on a soft oat finger for babies practicing self-feeding. Pair with a plain fruit purée (apple or pear) to balance the savory note, or offer alongside soft shredded chicken for a fuller meal. Leftovers keep in an airtight container in the fridge for up to 48 hours; freeze in 2-Tbsp portions for up to one month. Reheat gently in a bowl set over warm water or briefly in the microwave in 10-second bursts, stirring and testing temperature to avoid hot spots.

Swap It: replace cheddar with equal weight of Gruyère or Monterey Jack for similar melt and mildness.

Express Version

Steam broccoli until very tender, blend with warm milk, low-sodium broth and shredded mild cheddar to smooth or chunky texture; cool to lukewarm and portion.

Creamy Cauliflower & Potato Soup

Prep Summary

Prep: 10 min |Cook: 20 min |Total: 30 min |Serves: 3-4 |Difficulty: Easy

Before You Cook

This mild Creamy Cauliflower & Potato Soup builds on the broccoli-cheddar purée concept by offering a spoonable soup that's smooth, filling, and easy for babies transitioning from purées to thicker spoonable textures. Expect about 10 minutes of active prep - chopping and measuring - and roughly 20 minutes of hands-off simmering. The total time includes cooling so you can serve at a safe, lukewarm temperature.

Key equipment is a medium saucepan with a tight-fitting lid and either an immersion blender or a small countertop blender. A fine-mesh strainer helps if you prefer an extra-silky finish. What makes this recipe worth the effort is how it balances neutral-flavored vegetables with a touch of dairy (or a non-dairy fat) to create a comforting bowl that introduces savory soup textures while keeping sodium and spices baby-appropriate. Practical takeaway: this recipe freezes well in 2-Tbsp portions for future quick meals.

What You Need

Produce

- Cauliflower florets, trimmed and chopped: 12 oz (340 g)
- Yukon gold potato, peeled and diced: 8 oz (225 g)
- Yellow onion, finely diced: 1/4 cup (40 g)

- Garlic clove, minced (optional for 9+ months): 1 small

Pantry & Liquids

- Low-sodium vegetable or chicken broth: 2 cups (480 ml)
- Water: 1/4 cup (60 ml)
- Olive oil or unsalted butter: 1 tsp (5 ml or 5 g)

Dairy & Protein

- Whole milk (or breastmilk/formula for infants under 12 months) OR full-fat plain yogurt: 1/4 cup (60 ml) - add after cooking

Spices & Extras

- Ground nutmeg: a tiny pinch (optional, 9+ months)
- Fresh parsley, finely chopped: 1 tsp (optional garnish for 8+ months)

Optional add-ons (max 4)

- Grated mild cheddar: 1 Tbsp (for 9+ months)
- Plain full-fat yogurt: 1 Tbsp (to swirl for older infants)
- A small soft cooked lentil mash: 2 Tbsp (to increase protein)
- A drop of olive oil on serving (for infants 6+ months to add fat)

Callouts: Cauliflower should be cut into small, even pieces; potato diced into roughly 1/2-inch cubes for even cooking. If using garlic, keep it minimal for flavor exposure only after 9 months.

Cooking

1. Heat a medium saucepan over medium-low heat. Add olive oil or butter and warm until shimmering or melted (about 30 seconds). Add the diced onion and cook gently, stirring, until translucent and soft - about 4 minutes. Visual cue: onions should be soft and glossy, not browned.
2. Add minced garlic (if using) and cook for 30 seconds until fragrant. Add cauliflower and diced potato to the pan and stir to coat with the fat. (Time: 1 minute.)
3. Pour in the low-sodium broth and 1/4 cup water. Increase heat to bring to a gentle simmer, then reduce to low and cover. Cook until the cauliflower and potato are

very tender and fork-mashable - about 12-14 minutes. Doneness cue: a fork should slide through potato pieces without resistance.

4. Remove from heat. If using an immersion blender, blend directly in the pot until smooth and velvety, about 1-2 minutes, moving the head to reach all pieces. If using a countertop blender, transfer in batches and blend to a glossy consistency. Caution: let steam dissipate for 5 minutes before blending to avoid splatter.

Note: For an ultra-silky soup, press blended soup through a fine-mesh strainer into a clean pot or bowl.

5. Return blended soup to low heat. Stir in whole milk or 1/4 cup plain yogurt off-heat to avoid curdling; warm gently just until steaming - do not boil. Taste (adult) and add a tiny pinch of nutmeg if desired for older infants. Visual cue: soup should coat the back of a spoon and appear creamy.
6. Cool to lukewarm before serving (test at wrist). Portion into 2-3 Tbsp servings for younger infants or 1/3-1/2 cup for older babies. Garnish with a small sprinkle of finely chopped parsley or a tiny smear of yogurt for texture practice.

Pro Tip: If the soup feels too thin, stir in 1-2 Tbsp cooked, mashed potato or a tablespoon of oats and warm through; if too thick, thin with reserved cooking liquid rather than plain water for flavor.

Cook's Tips

Common mistakes include over-salting (avoid added salt entirely for under-12-months) and blending while the soup is too hot, which can create dangerous splashes. Make-ahead option: cool completely, portion into airtight containers in 2-Tbsp or 1/2-cup portions, refrigerate up to 48 hours, or freeze up to one month. Thaw in the fridge overnight and rewarm gently in a saucepan over low heat.

Swap It: replace whole milk with an equal amount of canned coconut milk (unsweetened, full-fat) for a dairy-free version; stir in after blending and warm gently. Dietary variation: for added protein without dairy, stir in 2 Tbsp well-mashed cooked lentils or pureed white beans and warm through for older babies (8+ months). Practical take-away: small swaps keep the texture familiar while adjusting nutrition.

Shorthand Recipe

Simmer cauliflower, potato, onion, and a splash of water in low-sodium broth until very tender, blend to a smooth soup, stir in milk or yogurt off heat, cool to lukewarm and serve in 2-3 Tbsp portions for younger infants or larger portions for older babies.