
BABY'S FIRST FOOD IDEAS



BANANAS

Bananas are so easy to offer to babies to start out. Choose a ripe banana, peel it and offer it to your baby. If it's slippery (and to add nutrients!) roll it in shredded coconut or hemp seeds.



SWEET POTATO FRIES

Roast peeled sweet potato cut into strips at 400F for about 25 minutes to get the absolute perfect texture for beginner babies. You can add any spice you like.



OMELET

Make a simple omelet of 1 egg whisked in 1 tbsp (15 ml) olive oil. Cook in a skillet and offer to your baby in strips about the size of an adult pinky finger.



CHICKEN DRUMSTICK

A chicken drumstick has the perfect handle for your baby to hold. Roast at 350F for 30-40 minutes until an internal temperature of 165F. Be sure to remove the skin and the pointy bone.



PANCAKES

Mash 1 ripe banana with 2 eggs. Heat oil or butter in a skillet and cook 1 tbsp (15 ml) of the pancake mix. Flip to cook on the other side.



AVOCADO

Choose a ripe avocado, cut into half, then quarters. Remove peel and offer it to your baby. It contains healthy fats and is the perfect texture for beginners.