



Baby Food Just the Beginning: Toddler Friendly Recipes



Little jars of baby food serve up big nutrition. You can keep serving up that nutrition well into your child's toddler years by transforming baby food into delicious, fun, nutrient-filled toddler or family foods. By adding baby food to familiar recipes, or creating some of your own, you can keep healthy baby foods contributing to your child's diet for many more years. For example—a couple of jars of pureed baby applesauce can be added to whole grain muffin batter to make moist morning treats. Pureed winter squash, mixed with savory ingredients and some milk, will become a warm, rich soup. Here are some specific ideas and recipes to keep baby food in your toddler's diet in a more 'grown up' way:

Creamy Carrot Soup:

- 1 cup water
- 1 medium potato, peeled and diced
- ¼ chopped onion
- 1 pat of butter
- 2 jars [Earth's Best 2nd Foods Carrots](#)
- 1 cup [Earth's Best Kidz 2% Reduced Fat Milk](#)

Sauté the onion in the butter. Add water and potato. Cover and bring to a boil, cooking until tender, about 15 minutes. Purée the mixture in a blender or food processor. Return to the pan. Add the carrot purée and the milk. Heat slowly on low heat. Season as desired with ginger, cinnamon, or dill.

Banana Bread Sticks:

- 1 ¾ cup [Arrowhead Mills Organic Stone Ground Whole Wheat Flour](#)
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. Salt
- ¼ cup brown sugar
- ½ cup [Spectrum Canola Oil](#)
- 2 beaten eggs
- 2 jars [Earth's Best 2nd Foods Bananas](#)

Mix dry ingredients. Mix eggs, oil and banana together until well combined. Stir wet ingredients into dry. Spread into a greased loaf pan and bake at 350° for about an hour. Cool and remove from pan and cut into sticks. Spread sticks on a cookie sheet and bake in a 150° degree oven for one hour or longer until sticks are dry and crunchy. Store tightly covered.

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