

# NUTRIBULLET®

BABY

by NUTRIBULLET

user manual and cookbook



**Make an entire week's worth of all-natural baby food in just minutes!**



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BABY  
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# IMPORTANT SAFEGUARDS AND CAUTIONARY INFORMATION

## SAVE THESE INSTRUCTIONS

### FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NutriBullet Baby.

When using electrical appliances, basic safety precautions should always be followed including the following:

- Do not use appliance for other than intended use.
- To avoid risk of electrical shock, never immerse the cord, plug or *Power Base* in water or other liquids.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
- Unplug the NutriBullet Baby when it is not in use, before putting on or taking off parts, and before cleaning or assembling.
- Do not pull or twist the power cord.
- Do not allow the cord to dangle over the edge of a counter or table.
- Do not allow the cord to touch hot surfaces such as the stove.
- Periodically inspect the cord and plug for damage. Do not operate any appliance with a damaged cord or plug, if the appliance malfunctions, or is dropped or damaged in any manner. If damaged, contact Customer Service for assistance in obtaining a replacement.
- Keep hands and utensils away from the blade while chopping or blending food to reduce the risk of severe injury or damage to the unit. A scraper may be used to move food around, but only when the unit is not running.
- Avoid contacting moving parts.

- **NEVER LET THE MOTOR RUN FOR MORE THAN ONE MINUTE AT A TIME AS IT CAN CAUSE PERMANENT DAMAGE. IF THE MOTOR STOPS WORKING, UNPLUG THE POWER BASE AND LET IT COOL FOR A FEW HOURS BEFORE ATTEMPTING TO USE IT AGAIN. YOUR NUTRIBULLET BABY HAS AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE UNIT IF IT OVERHEATS. THE POWER BASE WILL RESET WHEN THE THERMAL BREAKER COOLS DOWN.**
- **DO NOT USE ANY OF THE NUTRIBULLET BABY COMPONENTS (CUPS, LIDS, BLADES, BATCH BOWL, BATCH TRAY, MOTOR) IN THE MICROWAVE.**

- Always use your NutriBullet Baby on a clean, flat, hard, dry surface.
- Do not blend hot liquids in the short cup or any closed top container.
- Never blend carbonated beverages. Released gases can cause pressure to build up and the container to burst, resulting in possible injury.

- Make sure the blade base is securely screwed onto the Short Cup or Batchbowl before placing it on the Power Base.
- Never leave the NutriBullet Baby unattended while it is in use.
- Never run the NutriBullet Baby without food or liquid contents in the Cup or Batch Bowl.
- Close supervision is necessary when any appliance is used near children.
- To reduce the risk of injury, be certain that the blade is completely and firmly screwed on to the Short Cup or Batchbowl container before operating the appliance.
- Do not use the NutriBullet Baby outdoors.
- Blades are sharp. **Handle carefully.**
- Check gasket to make sure it is completely seated in the Baby Blend Blade or Milling Blade base before each use.
- Do not attempt to defeat the cover interlock mechanism.
- Do not use the Date-Dial Storage Cups to freeze foods. Use the Easy-pop Batch Tray to freeze foods.
- Do not fill the date dial storage cups more than 2/3 full.
- Do Not fill the batch tray freezer storage containers more than 2/3 full prior to freezing.

### BATCHBOWL SAFEGUARDS

- Always operate the Batchbowl with the Lid firmly in place.
- Never blend carbonated beverages. Released gases can cause pressure to build up and the container to burst, resulting in possible injury.
- When blending hot liquids, remove center piece of two-piece cover.
- Always ensure that the two-piece cover is firmly in place before operating the appliance.
- Never insert food into the Batchbowl by hand while the NutriBullet Baby is running. Remove the Batchbowl from the Power Base to add ingredients.

### CLEANING SAFEGUARDS

- **DO NOT PUT THE NUTRIBULLET BABY BLADE HOLDERS AND OTHER PLASTIC PARTS IN THE DISHWASHER. SIMPLY HAND WASH WITH WARM SOAPY WATER.**
- **DO NOT SUBMERGE THE POWER BASE IN WATER. WIPE OFF WITH A DAMP CLOTH. ALWAYS UNPLUG BEFORE CLEANING.**
- **THE NUTRIBULLET BABY BLADE HOLDERS AND OTHER PLASTIC PARTS SHOULD NOT BE STERILIZED IN BOILING WATER OR STEAM FOR ANY REASON AS THIS WILL WARP THE PLASTIC.**
- **WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM SOAPY WATER.**
- **DO NOT EXPOSE BLADE HOLDERS AND OTHER PLASTIC PARTS TO EXTREME RAPID TEMPERATURES CHANGES, AS THIS MAY WARP OR DAMAGE THE PLASTIC.**

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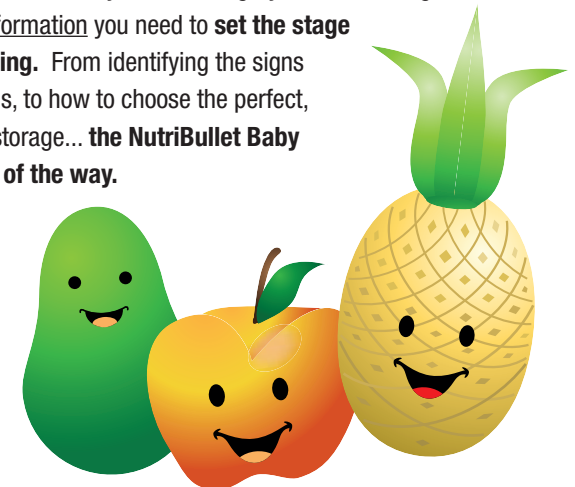
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# The NutriBullet Baby System

We are proud to introduce the latest member of the Magic Bullet family – the NutriBullet Baby! The NutriBullet Baby has all the power and convenience of the original Magic Bullet and so much more! Specifically **designed to make healthy, nutritious baby food in just seconds**, the NutriBullet Baby system is, hands down, the most convenient in baby food making for quality, efficiency and affordability.

With the NutriBullet Baby, in less time than it takes to go to the store and buy one jar of food, you can create several flavors of delicious, preservative free baby food using the finest organic ingredients. And guess what, you can actually save money! One organic banana costs about 30 cents and will make at least 5 ounces of banana purée. That's only 24 cents per 4-ounce serving of organic banana purée compared to 65 cents for a 4-ounce jar of non-organic banana baby food. And when you make your own baby food, you know EXACTLY what is going in it...fresh, wholesome foods and nothing else.

The best thing about the NutriBullet Baby Food Making System is that it gives you both the tools and the information you need to **set the stage for a lifetime of healthy eating**. From identifying the signs that Baby is ready to try solids, to how to choose the perfect, freshest produce, to tips for storage... **the NutriBullet Baby will be with you every step of the way.**





## Why Homemade?

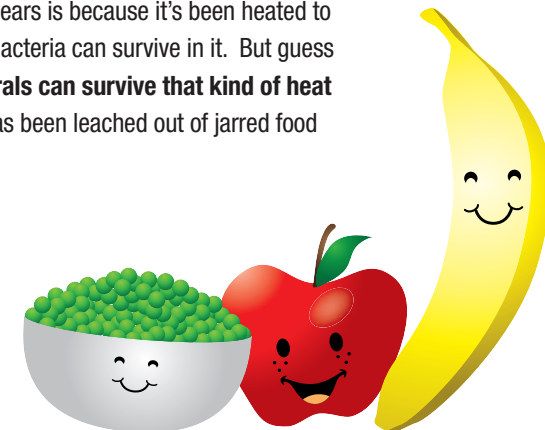
**Babies typically triple their weight in the first year. So, if we are what we eat, it's our job to make sure Baby's food is fresh and healthy!**

With the NutriBullet Baby, creating homemade food for your baby is a faster, healthier, less expensive alternative to buying overpriced, over processed jarred baby food.

Until now, jarred baby food has been considered the most convenient way to feed your growing baby, but now with the NutriBullet Baby, you can **make wholesome, homemade baby food in just minutes**. That's less time than it takes to find your keys, put the stroller in the trunk and get the baby in the car!

Did you know **that jarred baby food has a shelf life of up to 3 years**. What?? You wouldn't feed your baby a 3 year old banana, so why is it okay to feed your sweet cherub 3 year old banana baby food? How fresh can a banana be that's been sitting on a shelf for 3 years? At NutriBullet Baby, we feel strongly that homemade baby food is more nutritious than commercially prepared baby food because it is fresher and much less processed.

Even when jarred food is labeled both preservative free and organic, the reason it can have a shelf life of 3 years is because it's been heated to such an enormous degree that no bacteria can survive in it. But guess what – not all **vitamins and minerals can survive that kind of heat either!** So, some of the nutrition has been leached out of jarred food during that preservation process.





## The Darker Side of Jar Food

The bottom line is, jarred food is convenience food. And just as adults shouldn't eat every meal from a drive-thru, can or box, we feel it's not healthy for babies and toddlers to consume processed, packaged baby foods more than on rare occasions. At NutriBullet Baby, we believe that jarred food should be the exception, not the norm for feeding your baby.

**The good news is, the NutriBullet Baby makes it easier than ever to create healthy, nutritious baby food in just seconds... and for just pennies!**





# Food Made With Love

When you make your own baby food – you know EXACTLY what is going into each meal because you pick the ingredients! No starchy fillers, no hidden salt or sugar, no scary “non-food” surprises... just your hand picked ingredients and your baby’s favorite flavor combinations made with love. Now that’s a great way to feed your baby!

## Introducing the NutriBullet Baby Food Making System



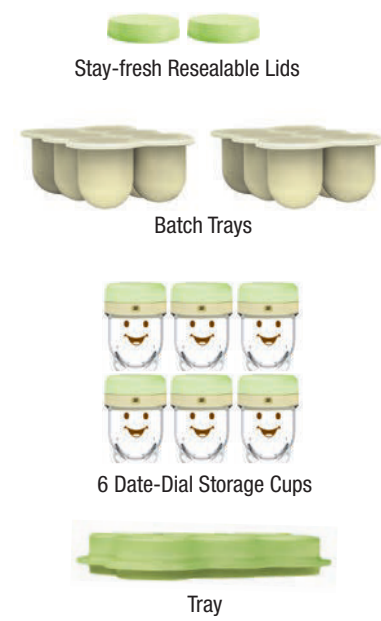
### What You Get

#### For Preparing



Spatula  
Batchbowl  
Power Base  
Milling Blade  
Baby Blend Blade  
Pocket Nutritionist

#### For Storing



Stay-fresh Resealable Lids  
Batch Trays  
6 Date-Dial Storage Cups  
Tray

User Manual and Cookbook

# There Are Four Components in the NutriBullet Baby Food Making System

## 1 Planning

When it comes to great nutrition – an ounce of planning is worth its weight in gold! That's why the NutriBullet Baby Food Making System comes with two invaluable planning tools.

### The Pocket Nutritionist

The “magic” behind the NutriBullet Baby Food Making System starts with your handy in-store companion, the “*Pocket Nutritionist*” which teaches parents:

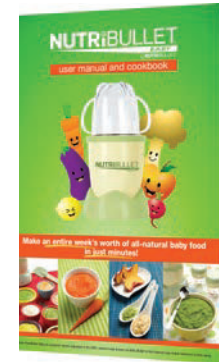
- Which foods to avoid in the first year
- Which foods should be organic
- How to choose a well rounded weekly menu
- How to select the freshest produce
- Exactly how much produce to buy to meet your baby's needs
- The health benefits associated with the foods your baby eats
- And more!



This amazingly informative guide will help you navigate the grocery store aisles for exactly the right foods for your child at any age. This pocket-sized guide saves you time and money – every time you shop! NEVER LEAVE HOME WITHOUT IT!

### The NutriBullet Baby User Manual and Cookbook\*

This wonderfully comprehensive, easy to follow book contains everything you need to know about operating the NutriBullet Baby and feeding your child for the first 18 months.



The book includes:

- The signs that Baby is ready to start on solids
- The “No-No” Food List for the first year
- A Step-By-Step plan for Baby's first meal
- The proper schedule for introducing new foods
- Eating schedules for each stage of development
- Wholesome recipes!
- A food journal for tracking favorites and reactions to foods
- How to choose a well rounded weekly menu
- And much, much more!

The *NutriBullet Baby User Manual and Cookbook* also includes the very important *NutriBullet Baby Food Journal* which helps you track your baby's reactions as you introduce new foods. From a simple “yuck” to an allergic reaction, you have a place to note every single thing that your baby eats and exactly what happens at each meal and after each meal, so you'll know what agrees with Baby and what doesn't.

*\* The information contained in our guide and cookbook is not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*





## 2 Preparing

Follow the eating schedule and choose your favorite recipes for your **Stage One** Perfect Purées, **Stage Two** Tasty Textures, and whip up a week's worth of your child's favorites.

### The Batchbowl

The larger vessel, the *Batchbowl*, is for creating large amounts of baby food for storing. The *Batchbowl* is **BPA-free**.  
*Never operate without the cover on.*



### The Short Cups



These cups are used to mix and store your ingredients. They are **BPA-free**.

### The Power Base

The *Power Base* is the heart of the *NutriBullet Baby* system. Simply place either the *Batchbowl* or the *Short Cup* on to the *High-Torque Power Base*, press down and twist...it couldn't be easier!



### CAUTION!

- **Do not submerge the Power Base in water and always unplug the Power Base before cleaning it.**
- **Always make sure the cover is on the Batchbowl when using.**
- **Keep hands and utensils away from the cutting blade while chopping or blending food to reduce the risk of severe injury to person or damage to the blender.**

### The Blades

The *NutriBullet Baby* comes with two blades:



The *Baby Blend Blade* is for puréeing and blending foods.



The *Milling Blade* is for milling grains to make cereals.

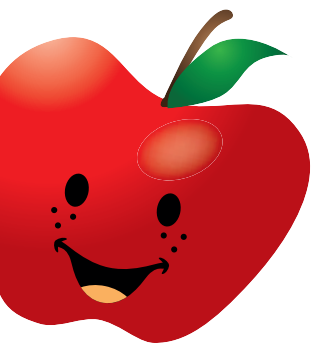
**Note:** The *Milling Blade* is only used on the *Short Cup*.

Both blades are **BPA-free**.

**Note:** *In the base of the blades there is a plastic gasket that creates an airtight seal with the NutriBullet Baby vessels.*

**CHECK GASKET BEFORE EACH USE TO MAKE SURE IT IS COMPLETELY SEATED IN THE BABY BLEND BLADE OR MILLING BLADE. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.**

**IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET BABY BLADE HOLDER.**



### ③ Storage

It's on to storage where you decide whether to freeze or refrigerate your fabulous concoctions. The good news is that the NutriBullet Baby comes with our exclusive *Date-Dial Lids!* So you can spoon fresh baby food right into the *Storage Cups* and twist on the *Date-Dial Lid* to track when the baby food was created. Then, simply refrigerate!

Or, when you are making large batches of baby food, use the *NutriBullet Baby Soft Tip Spatula* to spoon purées right into the handy *Batch Tray*. Cover and freeze, then either pop them out as you need them, or pop them all out at once and save them in a freezer bag so your *Batch Tray* is ready to freeze even more of Baby's favorites. It's that easy!

**Note:** Refrigerated foods need to be enjoyed within 3 days. We recommend consuming frozen foods within 30 days for optimum freshness.

#### The NutriBullet Baby Storage Tools Include:

##### Six Storage Cups with Date-Dial Lids

Your NutriBullet Baby System comes with 6 revolutionary *Date-Dial Storage Cups* that are refrigerator friendly. Simply spoon your baby food in, twist on the lid and turn the *Date-Dial* to show the date you created the food. Now you never have to guess when you made the food – you'll know exactly when you made it. The *Date-Dial Storage Cups* are **BPA-free**.



##### The Batch Trays

To save even more time and money, it's easy to make large batches of your baby's favorite foods and freeze them for later use. The *NutriBullet Baby Batch Trays* are perfect for freezing over 24 ounces of baby food and the **BPA-free** silicone "easy pop" cups make it a breeze to pop out one serving to several servings, or all 12 NutriBullet Baby servings with ease.



##### The Soft Tip Spatula

The *NutriBullet Baby Soft-Tip Spatula* has been specifically designed to get your baby food creations into the NutriBullet Baby storage vessels with ease. To clean, simply give it a quick rinse with warm soapy water.





## 4 Serving

When it's chow time, serving NutriBullet Baby Food couldn't be easier! For refrigerated foods, you can serve right from the storage cup or portion out a serving from the *Short Cup*. **Never save leftovers that have come in to contact with a used or dirty spoon.** Always throw out leftovers!

To defrost frozen foods, remove the food from the freezer and place into the refrigerator a few hours ahead of mealtime, or place the sealed food in a sealed plastic bag into a bowl of cold water. If you are in a rush, change the water a few times until the food is defrosted.

**DO NOT USE THE NUTRIBULLET BABY CUPS OR COMPONENTS IN THE MICROWAVE FOR DEFROSTING OR WARMING.**





# Using the NutriBullet Baby Blender

## Making Large Batches of Fruit and Vegetable Purées

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food. **Cleanliness** is VERY important when making homemade baby food.

- 1 Twist the *Baby Blend Blade* on to the bottom of the *Batchbowl* for puréeing large batches of baby food.
- 2 Add thoroughly steamed or soft boiled fruits/vegetables after it cools into the *Batchbowl* making sure any skins, cores, pits or stems have been removed.
- 3 Add 1/8 - 1/4 cup of water (you can always add more if you'd like a thinner purée).
- 4 Place the top onto the *Batchbowl* and twist into place.
- 5 Place the *Batchbowl* onto the *Power Base*, push down and twist to engage the motor.
- 6 Blend your food until you've achieved the desired consistency. Use the Pulse Technique (page 29) for creating textured foods.
- 7 Spoon your purée into the *Date-Dial Storage Cups* to store in the refrigerator. – Don't forget to set your date.
- 8 Or, for longer term storage, spoon your purée into the *Batch Tray* and freeze.



**Note: Refrigerated foods must be consumed within 3 days. Frozen foods are good for up to 30 days.**

## Making Smaller Batches of Fruit and Vegetable Purées

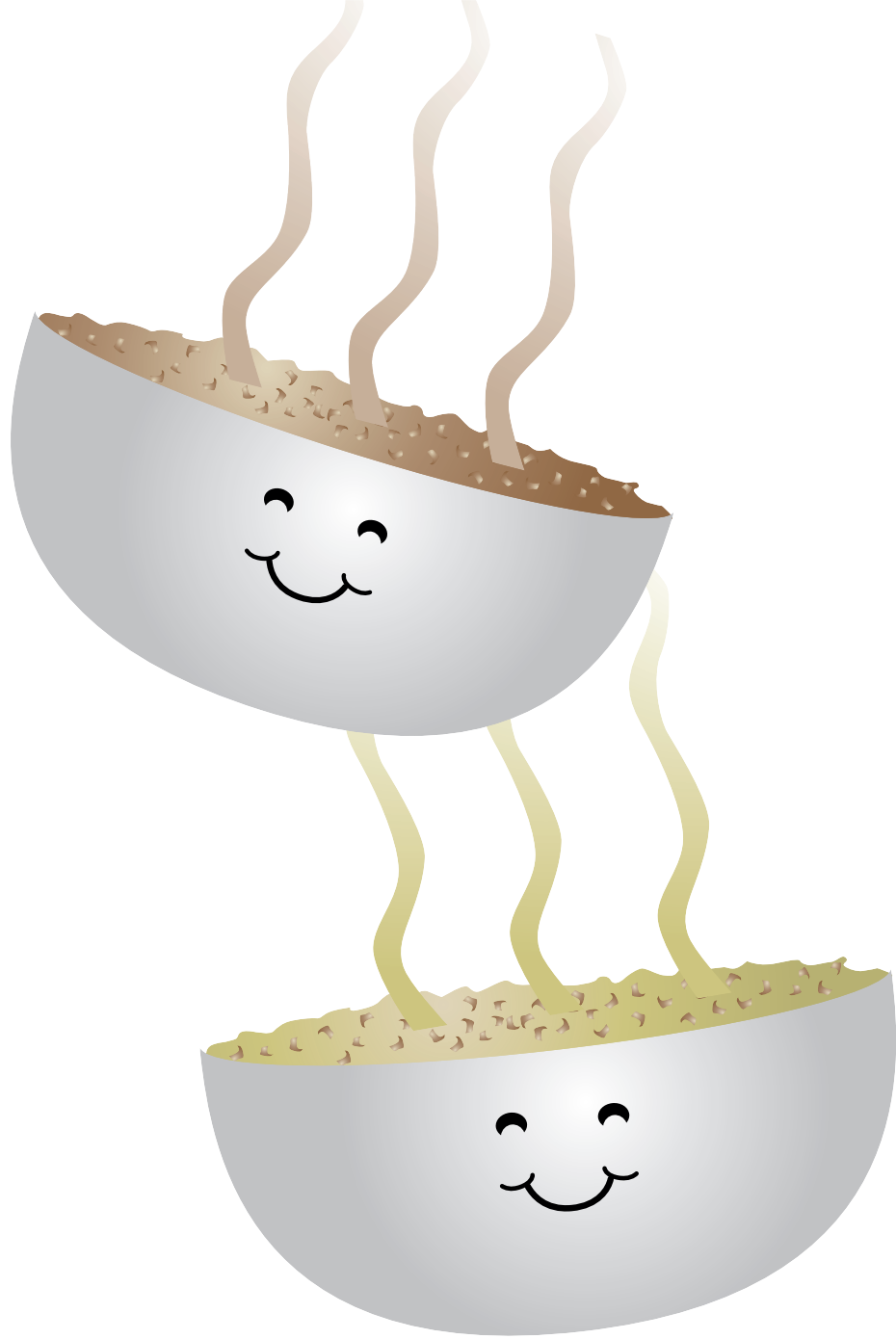
**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food. **Cleanliness** is VERY important when making homemade baby food.

- 1 Add thoroughly steamed or soft boiled fruits/vegetables after it cools into the *Short Cup* making sure that any skins, cores, pits or stems have been removed.
- 2 Add ¼ cup of water (you can always add more if you'd like a thinner purée).
- 3 Twist the *Baby Blend Blade* onto the *Short Cup* for puréeing, or twist the *Milling Blade* onto the *Short Cup* for milling.
- 4 Place the *Short Cup* onto the *Power Base*, push down and twist to engage the motor.
- 5 Blend your food until you've achieved the desired consistency.
- 6 Either place into a bowl and serve or spoon your purée into the *Date-Dial Storage Cups* to store in the refrigerator.
- 7 For longer term storage, spoon your purée into the *Batch Tray*, snap on the lid and freeze.



**Note: Refrigerated foods must be consumed within 3 days. Frozen foods are good for up to 30 days.**



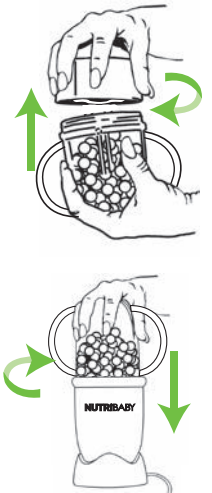


# Milling Grains and Rice For Cereals

## Short Cup Milling For Smaller Batches

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc. when making and preparing homemade baby food. **Cleanliness** is VERY important when making homemade baby food.

- 1 Add the desired amount of rice or grains into the *Short Cup*.
- 2 Twist on the *Milling Blade*.
- 3 Place the *Short Cup* onto the *Power Base* and twist to start grinding.
- 4 Grind until you've achieved a fine powder (see brown rice purée recipe on page 59).

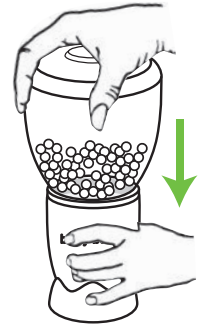




# NutriBullet Baby Techniques

## The Pulse Technique

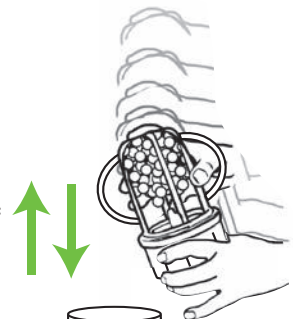
The Pulse Technique comes in handy when Baby is ready for chunkier, more textured fare. Pulsing takes a tiny bit of getting used to, but once you get a feel for it, you'll be a pro in no time! To Pulse, you simply press straight down on the cup very quickly and immediately release.



**THE SECRET:** The trick to successful Pulsing is to make sure that the machine doesn't accidentally slip into purée mode. To avoid this, use your other hand to apply counter-clockwise pressure as you Pulse

## The “Shake” Technique

Sometimes, when you are working with thicker recipes, like Chicken, Brown Rice and Squash (page 76) the density of the mixture can make it hard for the ingredients toward the top of the cup to make it down to the blade.



If some of your ingredients are having a hard time making it down to the blade, simply use this Shake technique.



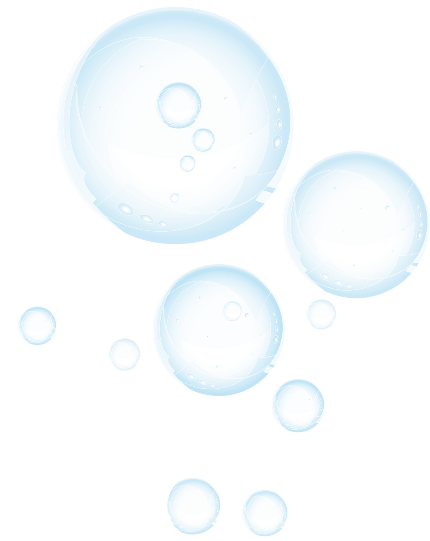
**Step 1:** Remove the *Batchbowl/Short Cup* assembly from the Power Base... pick it up and shake it like a cocktail shaker.

**Step 2:** Place the vessel back onto the Power Base.

**Step 3:** Repeat... if necessary until you achieve the consistency you want.

**Note:** You may need to add more water to get the right consistency.







## Preparing for the Big Day\*

The American Academy of Pediatrics states that the best time to start feeding your baby solids is between 4 and 6 months. Some pediatricians even go on to say, the closer to 6 months, the better. Your baby's digestive system is not mature enough to handle solids until the 4th month. This may be even later for preemies. So even though people may suggest feeding your baby earlier, your baby and your pediatrician will let you know when it's time for solids.

### Signs That Your Baby Is Ready For Solid Food

Experts all agree that there are obvious signs when your baby is ready to start eating solids. Here is a comprehensive list of those signs. Please remember, even though you may get pressure from others to start your baby on solids, your baby will let you know when the time is right.

- Baby is at least 4 months old but somewhere between 4 and 6 months.
- Baby has doubled birth weight.
- Baby can sit upright with support and has the ability to “lean in” for more food.
- Baby can turn away to show that mealtime is over.
- Baby seems very interested in what you are eating.
- Baby seems consistently hungry after nursing or drinking a bottle.
- Baby can swallow food vs. instinctively pushing it out with tongue.
- Baby can bring an object to his/her mouth.

*\* The information contained in our guide and cookbook are not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*

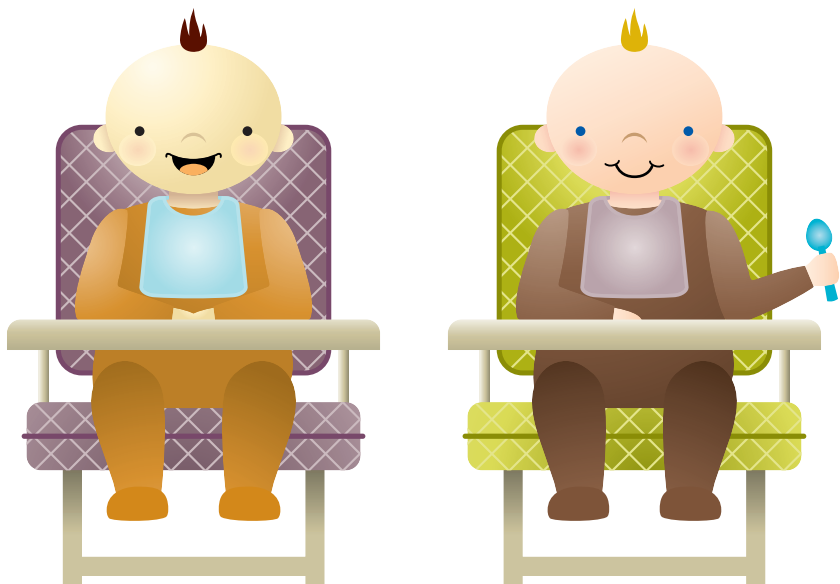
# What Do I Need?

## Vegetable Steamer or a nonstick Pot

Most foods need to be cooked before they can be puréed into baby food except for soft foods like bananas and avocados. Steaming preserves many of the nutrients inside fruits and vegetables but, boiling is another great alternative. We recommend using the water you boiled your fruits and vegetables in as it adds some of the vitamins and minerals back into your purée. Let the foods cool down before blending.

## High Chair with Tray

Choosing a high chair is an important task. Safety is always first, so stability is the first thing to test on a high chair and the safety strap is second. The strap should prevent Baby from standing or moving around too much in the chair. Then it's on to the tray which should be easy to remove (think one hand) for cleaning and should have a "lip" around the entire tray to keep food and liquids from spilling onto the floor. Comfort is another consideration, so keep that in mind when choosing your high chair and give the padding a once over to see if it's soft and cozy.



## Soft Tipped Spoons

Baby's mouth is very sensitive, that's why baby stores are full of different types of spoons designed for Baby's first meals. Take a look at what's out there and decide what you think is right for your little one. It's always safe to grab one or three different spoon styles and then purchase more once you know which ones work to your liking.

## Bibs

Very little of Baby's first few meals is going to wind up in Baby's mouth. Most of it will wind up somewhere between Baby's forehead and the floor. If you want to protect Baby's cute little outfit – a bib is a must.

## Floor Mat

Which brings us to the floor mat! Much of your baby's fare will end up on the floor. To protect carpet or porous flooring, be sure to get a High Chair Floor Mat. Basically, it's a tarp to throw under Baby's high chair to protect whatever is below.



# What is on the Menu?

## Allergy Alert

Certain foods have a significantly higher likelihood to cause an allergic reaction in babies – and that’s why we’ve avoided all of those foods! With the NutriBullet Baby feeding program, we’ve created a schedule where only the very safest foods are offered to your baby for the first two months of eating solids. Then we introduce some low risk foods and ultimately a full spectrum of healthy foods will be offered in a manner where it’s easy to identify any possible allergic reactions so you’ll be able to quickly track that back to the culprit. Here is an at-a-glance chart to help you get an overview of what is safe and what is risky.

### First Year No-No List

Eggs	Soy	Shell Fish
Milk	Tree Nuts	
Peanuts	Fish	

- **None of these foods should be consumed in the 1st year without pediatrician approval.**

### Other Possible Allergens

Apples	Cherries	Pears
Apricots	Fennel Seeds	Potatoes
Bananas	Hazelnuts	Sunflower Seeds
Carrots	Honeydew Melon	Tomatoes
Cantaloupe	Oranges	Watermelon
Celery	Parsely	
Corn	Peaches	

### Signs of an Allergic Reaction

Gas	Rash
Diarrhea	Clear Runny Nose
Nausea	Itching
Vomiting	Irritability
Stomach Pain	Fatigue
Coughing	Eczema
Wheezing	Eye Swelling
Difficulty Breathing	
Lip/Face Swelling	

**Note:** Even a small allergic reaction can be the first sign of a severe reaction. Please call your pediatrician at any sign of an allergic reaction!

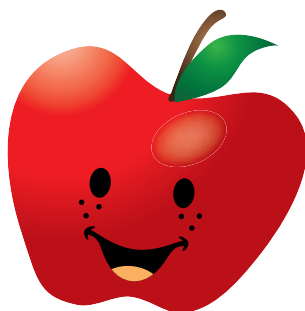


# Prepping for the Big Day!

- Tripod with camera perfectly situated ✓
- Excited calls to Mom and best friend ✓
- High chair ✓
- Soft tipped spoon ✓
- Super cute bib ✓
- Floor mat ✓
- Homemade first meal made with love... it's time to make it!

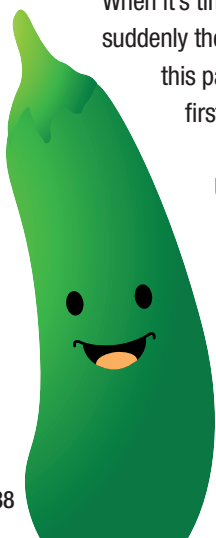
Baby's first meal will be made from one of the foods on this short list:

- Banana
- Sweet Potato
- Pear
- Yellow Squash
- Zucchini
- Green Peas
- Apple
- Avocado
- Brown Rice Cereal





















When it's time to choose the very first food that will go into your baby's mouth, suddenly the list seems rather long! Don't fret! Close your eyes and point at this page to choose the first two foods if you have to... because the very first meal will most likely be only about a tablespoon.

Using the ever-important 4-Day Food Introduction Schedule, Baby's first week on solids means only 2 foods will be introduced. Choose your 2 favorites and its almost time to use your NutriBullet Baby!!



# Food Chart for Months 4 - 6

Choose from these foods –

 =  <p>1 Avocado 4 NutriBullet Baby servings (8 oz)</p>	 =  <p>1 Squash 10 NutriBullet Baby servings (20 oz)</p>
 =  <p>1 Banana 4 NutriBullet Baby servings (8 oz)</p>	 =  <p>1 Sweet Potato 10 NutriBullet Baby servings (20 oz)</p>
 =  <p>1 Cup Peas 4 NutriBullet Baby servings (8 oz)</p>	 =  <p>1 Zucchini 5 NutriBullet Baby servings (10 oz)</p>
 =  <p>1 Pear 4 NutriBullet Baby servings (8 oz)</p>	 =  <p>1 Cup Brown Rice Cereal 16 NutriBullet Baby servings (32 oz)</p>
 =  <p>1 Apple 3 NutriBullet Baby servings (6 oz)</p>	

**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.

# Making the Right Amount of Food for Week One

For the first week, each meal should not be much more than a tablespoon. Food only keeps for 3 days in the refrigerator, so it's a good idea to fill 4-3 Storage Cups to the halfway mark with flavor #1 and then 4-3 Storage Cups to the half way mark with flavor #2. Fill the Batch Tray with any remaining purée and freeze for later use, so you'll have it for backup.



Refrigerator

Refrigerator

Refrigerator

Refrigerator



Freezer

**Important!!** Don't feed baby straight out of the cup unless you are going to finish the contents or throw away any remaining food. You cannot reuse any remaining food as germs and bacteria may have gotten in by way of the spoon.

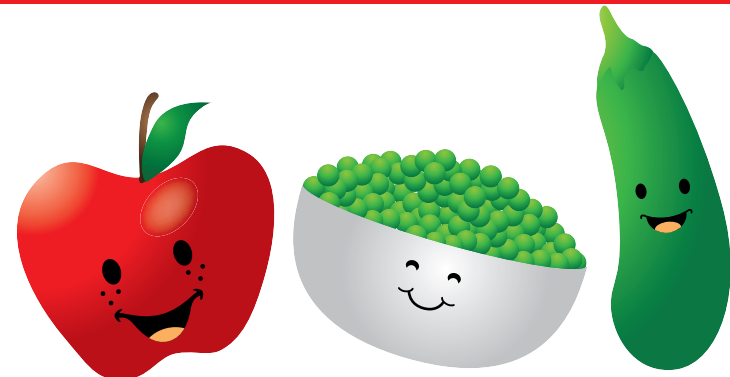
Now, it's finally time to use the NutriBullet Baby! The instructions for creating Baby's first purée can be found on pages 50 through 59. You'll be using the *Short Cup* to create Baby's First Foods, so if you need to review the instructions, turn to page 25.

**Note:** Depending on the two flavors you have chosen... you may have some extra baby food. If so, put the contents in the Batch Tray and freeze for later use.



**Storage Reminder!** Fresh food keeps in the refrigerator for 3 days. Frozen food keeps for about 30 days.

- DO NOT FILL BATCH TRAY CUPS MORE THAN 2/3 FULL TO PREVENT FREEZER BURN AND LEAKAGE.
- MAKE SURE ALL SIDES OF THE BATCH TRAY LID ARE SNAPPED ON AND SEALED TO AVOID FREEZER BURN.





## Ready for the Big Day!

You are officially ready! Here are some tips for making Baby's first meal a wonderful experience for both of you.

- 1 Offer the first meal at a time when Baby isn't too hungry.
- 2 Offer the first meal early in the day (morning or afternoon) just in case there is a reaction such as gas or colic.
- 3 Make sure you are in a good mood. Your attitude towards this meal has a lot to do with how this is going to go.
- 4 Offer food that is a bit warm (think 98.7 degrees) or cool. Don't overheat foods!!
- 5 The consistency of the food should be almost liquid, it should run off of the spoon. Feel free to add water, formula or breast milk to achieve the right consistency.

### Go Time!

At a regularly scheduled AM or midday feeding time, stop halfway through breast feeding or halfway through a bottle and place Baby in the highchair.

#### Checklist

- 1) *Baby strapped in high chair.*
- 2) *Bib on.*
- 3) *Spoon and clean up towel.*
- 4) *Protective floor mat.*
- 5) *The liquid thin food's temperature is somewhere from moderately cool to warm.*
- 6) *SMILE.*



## Feeding Baby

Place a tiny bit of food onto the spoon and put some on Baby's lips. Then place the spoon on the bottom lip and slip the spoon gently into Baby's mouth. This may cause Baby's tongue to push the food back out. If so, use the spoon to scrape the food off of the chin area and try putting it in Baby's mouth again.

Repeat.

If the tongue keeps pushing the food back out, don't worry...never push Baby to eat. If the first meal doesn't go well...no worries. Try again in a few days.

### Ending Mealtime

A closed mouth, turned head and fussiness are all signs that mealtime is over. If there is food left, throw it out. Never force Baby to continue eating when full. Throw out any leftovers that have come into contact with Baby's mouth or the spoon.

You did it! Congratulations!!! Now jot down ALL the details in the NutriBullet Baby Journal on page 96.

### Week 1

For week one, you will continue to feed Baby one meal a day. After 2 days, make sure you take the servings for day 3 and 4 out of the freezer and place them in the refrigerator to thaw. On day 4, take the servings for day 5 and 6 out of the freezer and place in the refrigerator to thaw.

### Week 2

For week 2, you can offer a third flavor, but stay on the 4-Day Food Introduction Schedule, but offer Baby a bit more food than in week one. Offer half of a NutriBullet Baby serving one time a day, but always watch for Baby to let you know when mealtime is over.

### Moving forward

Depending on your baby's age at the time of the first meal, you may be looking at 2 servings a day pretty quickly. Follow Baby's lead. If all meals are being polished off with glee, go ahead and try another meal 3-4 hours after the first one. As Baby gets more used to eating, you will be ready to follow the Stage One Feeding Schedule on page 48.

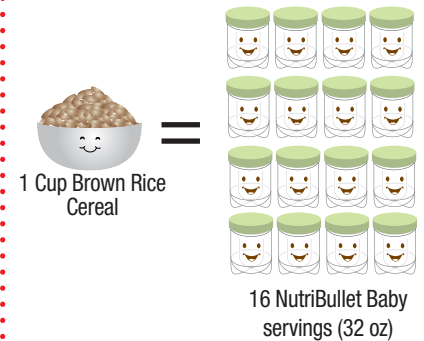
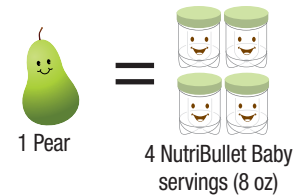
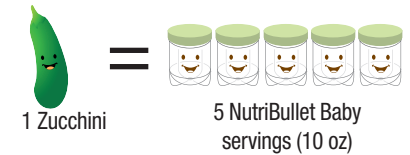
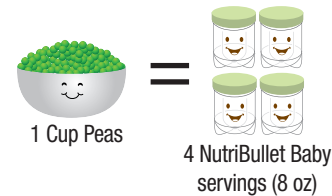
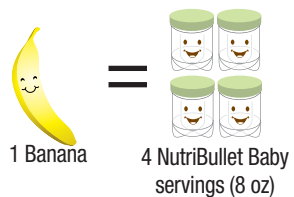
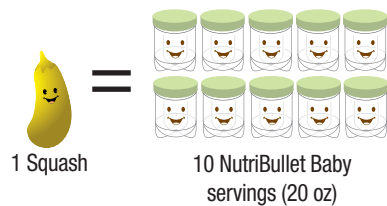
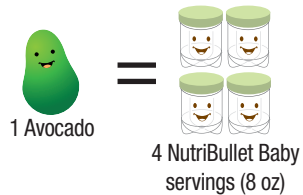




# Stage One - Perfect Purées

Stage One foods start with Baby's first meal and go for the next 6-8 weeks. During Stage One, very simple, low allergy risk ingredients are puréed to a very thin consistency. New foods should be introduced on a 4-day schedule, which means that only one new food is introduced per 4-day period. This is critical for tracking any allergic reactions to a particular food. Use your food journal on page 96 to record what Baby ate, what time, how much and any reactions to the food. (Bowel Movements, cranky, rash, etc).

## Food Chart for Months 4 - 6



**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.



## Preparing Stage One Foods: Perfect Purées

Every child is different, but this chart is a great place to help you start determining your baby's food needs for the day. Remember to start with just one food and stick with that for 4 days. Then, work in a new food and eat only those two foods for the next 4 days and so on and so on until your baby has tried all of the foods on the safest foods list. **Never introduce more than one new food every 4 days and keep good notes about each new food in your food journal.** That way if any rashes or strange poop appears, you'll be able to track it back to the offending food.

### Feeding Schedule for Months 4 - 6

Time	Food	Drink
Wake Up Time		Breast/bottle
AM	1/4 to 1 NutriBullet Baby servings	Breast/bottle
Noon		Breast/bottle
Afternoon	1/4 to 1 NutriBullet Baby servings	Breast/bottle
PM		Breast/bottle
Bedtime		Breast/bottle
<b>Foods:</b> avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato.		
<b>Food groups:</b> 2 - 4 servings of fruits and vegetables. 1 - 2 servings of cereal.		

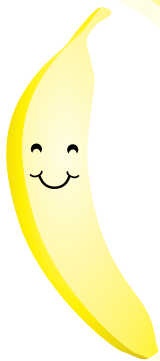
**Food consistency:** smooth, thin purée.

**Note:** Baby will work up to two servings. Start with one and continue until Baby appears to need an additional serving. Do not reuse food that has come in contact with Baby's spoon or mouth! It can contain bacteria.

**ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), pots/pans, etc. when making and preparing homemade baby food. **Cleanliness** is VERY important when making homemade baby food.

*The information contained in our guide and cookbook are not a substitute to regular baby care. Always consult your pediatrician regarding nutrition and the feeding of your child.*





1 banana yields 8 oz of baby food.

## banana purée

Rich in potassium and known for its contributions to digestive health, banana is a healthful and delicious food for baby.



Baby Blend Blade



Short Cup

1 whole raw banana

¼ cup of water

- 
- 1.) Add both ingredients to the *Short Cup*.
  - 2.) Twist on the *Baby Blend Blade*.
  - 3.) Purée until you have achieved the proper smoothness.



**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds

## sweet potato purée

A global favorite for baby, sweet potatoes contain vitamins A and B6, as well as potassium and manganese. One sweet potato goes a long way, making several servings of baby food at once and saving you time and money. Now that's sweet!



Baby Blend Blade



Batchbowl

1 peeled sweet potato boiled or steamed until very soft

1 cup of water

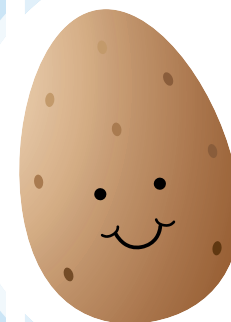
- 
- 1.) Twist the *Baby Blend Blade* onto the *Batchbowl*.
  - 2.) Add both ingredients to the *Batchbowl* and secure the lid.
  - 3.) Purée until you have achieved the proper smoothness.



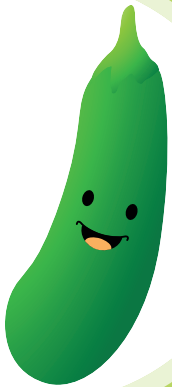
**Note** – because sweet potato is so thick and starchy, you may need to use the *Pulse Technique* on page 29.



10 seconds



1 sweet potato yields 20 oz of baby food.



1 zucchini yields 10 oz of baby food.

## zucchini purée

Zucchini is a wonderful food for your little one. Even the pickiest eaters will enjoy its mild flavor, while parents will love its vitamin C and B6 content!



Baby Blend Blade



Short Cup

1 zucchini boiled or steamed until soft, then cut  
¼ cup of water

- 1.) Add both ingredients to the *Short Cup*.
- 2.) Twist on the *Baby Blend Blade*.
- 3.) Purée until you have achieved the proper smoothness.



**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds

## pear purée

Sweet and tender pear makes a divine purée for baby, containing both fiber and folate for your little one.



Baby Blend Blade



Short Cup

1 pear boiled or steamed until soft (must be peeled and cored)  
¼ cup of water

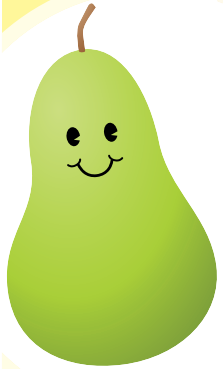
- 1.) Add both ingredients to the *Short Cup*.
- 2.) Twist on the *Baby Blend Blade*.
- 3.) Purée until you have achieved the proper smoothness.



**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds



1 pear yields 8 oz of baby food.



## green pea purée

Baby will soon say please to peas! These little green bits are sweet and tasty, and contain vitamins K and B6.



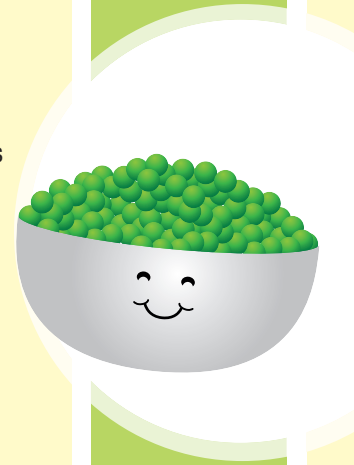
Baby Blend Blade



Short Cup

1 cup of steamed frozen or steamed fresh peas

¼ cup of water



1 cup of peas  
yields 8 oz of  
baby food.

- 1.) Add both ingredients to the *Short Cup*.
- 2.) Twist on the *Baby Blend Blade*.
- 3.) Purée until you have achieved the proper smoothness.

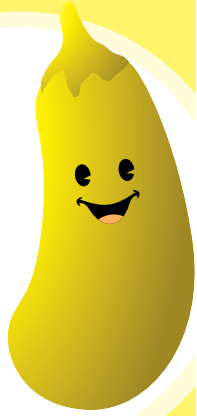


**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds

For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)



1 yellow squash yields 20 oz of baby food.

## squash purée

Creamy and mellow squash makes a nutritious first meal for Baby. Its mild flavor mixes beautifully with other fruit and vegetable purees and its soft flesh adds an extra dose of vitamin A to any meal.



Baby Blend Blade



Batchbowl

1 yellow squash boiled or steamed until soft (with tips removed)

¼ cup of water

- 1.) Twist the *Baby Blend Blade* onto the bottom of the *Batchbowl*.
- 2.) Add squash and water to the *Batchbowl* and secure the lid.
- 3.) Purée until you have achieved the proper smoothness.



**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds

## apple purée

Pureed apple combines well with cereals as well as other fruits and vegetables.



Baby Blend Blade



Short Cup

1 apple boiled or steamed until soft (must be peeled and cored)

¼ cup of water

- 1.) Add both ingredients to the *Short Cup*
- 2.) Twist on the *Baby Blend Blade*.
- 3.) Purée until you have achieved the proper smoothness.



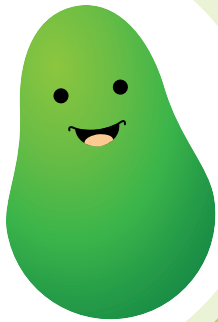
**Note** – add less water if you want a thicker food or more water for a thinner purée.



10 seconds



1 medium apple yields 6 oz of baby food.



1 avocado yields 8 oz of baby food.

## avocado purée

Often called the perfect food, avocado provides a good helping of vitamins, minerals, and healthy fats. Mild and creamy—what's not to like about avocado?



Baby Blend Blade



Short Cup

1 peeled and pitted avocado

¼ cup of water

- 1.) Add both ingredients to the *Short Cup*.
- 2.) Twist on the *Baby Blend Blade*
- 3.) Purée until you have achieved the proper smoothness.



**Note** – to make a thinner purée add more water and blend for a bit longer.



10 seconds

## brown rice cereal

Nutritionally dense and high in fiber, brown rice can be served alone or combined with any fruit or vegetable for an energy-boosting purée.



Milling Blade



Short Cup

1/2 cup of brown rice

4 cups of water

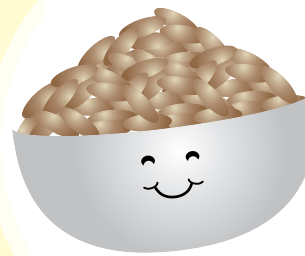
- 1.) Add 1/2 cup of uncooked brown rice to the *Short Cup*.
- 2.) Twist on the *Milling Blade* and mill to a fine powder.
- 3.) Add the milled brown rice and 4 cups of water to a pot and cover until it boils. Then, turn down heat to low and cook with cover for 20 minutes.
- 4.) Test the consistency of the brown rice cereal. If you want it thinner, add more water.
- 5.) Once the ideal consistency is achieved, pour brown rice cereal into storage cups to refrigerate and/or the Batch Tray to freeze.



**Note** – This is a great cereal to combine with any fruit or vegetable purée. Higher in fiber and nutrition than white rice, brown rice is great for energy and the development of a healthy nervous system. Milled brown rice cereal is a fantastic first food for Baby and combines perfectly with all fruit and vegetable purées.



30 seconds



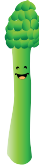

1/2 cup of rice yields 16 oz of baby food.



# 7 Months!



Continue to feed your little one Perfect Purées on the 4-day Food Introduction Schedule until you've tried all of the foods from the Safest Foods List. Start to mix single flavored fruit or veggie purées with brown rice, millet or oatmeal cereal to keep things interesting. Feel free to combine any of the foods that you've already sampled and know agree with Baby. So, try apple and banana or green beans and yellow squash...mix it up!!







## Food Chart for Month 7




 = 
 
  
 20 Spears of Asparagus = 4 NutriBullet Baby servings (8 oz)




 = 
 
  
 White Potato = 8 NutriBullet Baby servings (16 oz)


 = 
 
  
 Carrot = 4 NutriBullet Baby servings (8 oz)


 = 
 
  
 1 Cup Milled Oatmeal Cereal = 10 NutriBullet Baby servings (20 oz)


 = 
 
  
 1 Cup of Green Beans = 5 NutriBullet Baby servings (10 oz)


 = 
 
  
 1 Cup Milled Millet Cereal = 10 NutriBullet Baby servings (20 oz)


 = 
 
  
 Peach = 5 NutriBullet Baby servings (10 oz)

**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.



# Additional Food Possibilities

Cottage Cheese      Tofu      All Natural Plain Yogurt

Though soy and dairy are included on the First Year No-No list (pg 36), some pediatricians may recommend adding small amounts of tofu, plain yogurt, and cottage cheese into Baby's diet at the 7-month mark. Check with your pediatrician to decide whether or not these foods will work for your little one, and as with all new foods, follow the 4-day Food Introduction Schedule and document all information in your Food Journal.

## Feeding Schedule for Month 7

Time	Food	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 to 1 1/2 NutriBullet Baby servings	Breast/bottle
Lunch	1 to 1 1/2 NutriBullet Baby servings	Breast/bottle
Dinner	1 to 1 1/2 NutriBullet Baby servings	Breast/bottle
Bedtime	None	Breast/bottle

**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal

**Food groups:** 3 - 4 servings of fruits and vegetables. 1 - 3 servings of cereal. 1/2 serving of dairy.

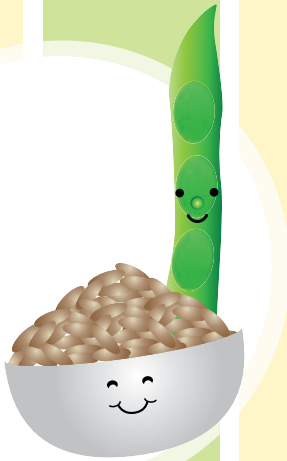
**Food consistency:** Smooth purée (a little less water than last month).

# Stage One: Perfect Combo Purées



## combo purées

Combine your favorite two purées into one flavor extravaganza. Mix fruits and veggies together for tasty delights. Always use the 4-Day Food Introduction Schedule when introducing new foods.



Baby Blend Blade



Short Cup

- 1/2 cup of steamed or boiled green beans
- 1/2 cup of cooked brown rice
- 1/8 cup of water

- 1.) Add all ingredients to the *Short Cup* and twist on the *Baby Blend Blade*.
- 2.) Blend until you've achieved the proper consistency.
- 3.) Serve!



**Note** – Other great combinations to consider:

*Mango and Banana*  
*Apples and Plums*  
*Green Beans and Brown Rice*  
*Pear and Millet*  
*Apples and Oatmeal*  
*Peas and Carrots*  
*Yellow Squash and Brown Rice*



15 seconds

## oatmeal cereal combos

Mild and comforting oatmeal combines well with fruit and vegetable purées, adding fiber and oaty goodness to your baby's meal.



Milling Blade



Short Cup

- 1/2 cup of Whole Oats
- 4 cups of water

- 1.) Add 1/2 cup of uncooked whole oats to the *Short Cup*.
- 2.) Twist on the *Milling Blade* and mill into a fine powder.
- 3.) Add the milled oatmeal and 4 cups of water to a pot and cover until it boils.
- 4.) Once it hits a boil, turn down heat to low and cook with cover on for 20 minutes.
- 5.) Test the consistency of the oatmeal cereal – if you want it thinner, add more water.
- 6.) Pour into a bowl and combine with your favorite fruit or veggie purée. (2 oz cereal w/2 oz fruit or veggie)
- 7.) Enjoy!



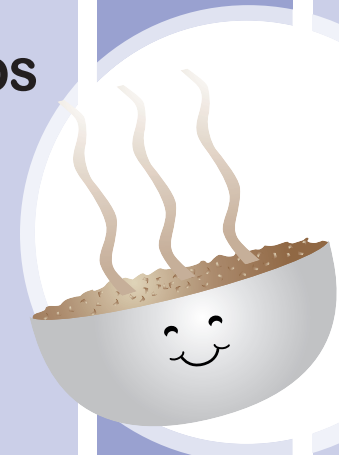
**Note** – This is a great cereal to combine with any fruit or vegetable purée.



**Tip** – Make combos with fresh ingredients, or use two preprepared purées and mix them together!



30 seconds



*1 cup of whole oats yields 20 oz of stage one baby food.*



# 8 Months!

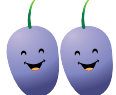

Even more flavors await your baby this month. Plus, it's a great time to start creating purées with a bit more texture to keep things interesting – and delicious! Simply add a bit less water and use the Pulse Technique on page 29 to find the right consistency for Baby. (If the new texture is not appreciated, simply add more water and blend NutriBullet Baby servings to create a smoother purée, then try the thicker texture a few days later.) Now that Baby has so many flavors to choose from, it's a great time to start **Batch Cooking**.

Even though Baby's digestive system is maturing, it's still VERY important to use the 4-day Food Introduction Schedule for every single new food that is introduced and track any and all reactions in the Food Journal.




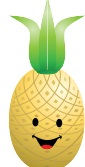

## Food Chart for Month 8



 =  **• Don't Cook**  
 1 Cup of Cantaloupe = 3 NutriBullet Baby servings (6 oz)


 =  **• Don't Cook**  
 2 Plums = 3.5 NutriBullet Baby servings (7 oz)



 =  **• Don't Cook**  
 1 Cup of Watermelon = 3 NutriBullet Baby servings (6 oz)



 =   
 1/3 Head of Cauliflower = 4 NutriBullet Baby servings (8 oz)

 =  **• Don't Cook**  
 1 Cup of Pineapple = 3 NutriBullet Baby servings (6 oz)

 =   
 1/3 Head of Broccoli = 6 NutriBullet Baby servings (12 oz)

 =  **• Don't Cook**  
 1 Cup Kale = 3 NutriBullet Baby servings (6 oz)

 =   
 1/2 of Eggplant = 6 NutriBullet Baby servings (12 oz)

 =   
 1 cup of turnip = 4 NutriBullet Baby servings (8 oz)

**Note:** Fruit and vegetable sizes vary, so you may wind up with more or less food.



## Batch Cooking with NutriBullet Baby

Now is when you really get to take advantage of all that the NutriBullet Baby has to offer and make several flavors of baby food in minutes!

Here's how you do it:

Choose your weekly menu and determine the quantities by using the Food Charts provided in each section and in your Pocket Nutritionist. Then, boil or steam all the fruits and vegetables in a big pot, so they cook at the same time.

If you've chosen any non-cook flavors, like banana, watermelon, cantaloupe, pineapple or avocado... create those purées while the other flavors cook. They just need to be skinned, peeled, cored and/or seeded.



**CHECK GASKET BEFORE EACH USE TO MAKE SURE IT IS COMPLETELY SEATED IN THE BABY BLEND BLADE OR MILLING BLADE. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.**

**IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET BABY BLADE HOLDER. DO NOT RUN MOTOR FOR MORE THAN ONE MINUTE, AS IT CAN CAUSE PERMANENT DAMAGE TO THE MACHINE. IF THE MOTOR STOPS WORKING, UNPLUG THE POWER BASE AND LET IT COOL FOR A FEW HOURS BEFORE ATTEMPTING TO USE IT AGAIN. YOUR NUTRIBULLET BABY HAS AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE UNIT IF IT OVERHEATS. THE POWER BASE WILL RESET WHEN THE THERMAL BREAKER COOLS DOWN.**

Then, peel, skin or core the fruits and vegetables (some skins come off easily after boiling or steaming) and add ¼ to ½ cup of water (water the produce boiled in is best because it has all the nutrients) and blend to the right texture. You can create several flavors in just minutes!

For foods you plan to serve within 3 days, refrigerate in either the *Short Cup* or in the *Storage Cups*. Use the *Date-Dial* to keep track of the preparation date.

For freezing, spoon into the *Batch Tray* and freeze for up to 30 days.

Creating a week's worth of delicious, wholesome baby food has never been easier!

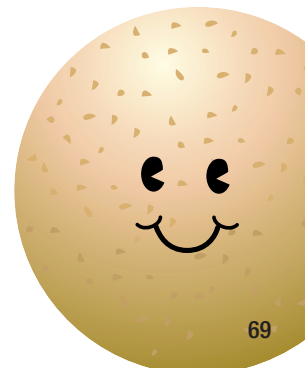
## Feeding Schedule for Month 8

Time	Quantity	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Lunch	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Dinner	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Bedtime	None	Breast/bottle

**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, lentils, turnip, kale, eggplant, pineapple, greens.

**Food groups:** 4 - 5 servings of fruits and vegetables. 2 - 3 servings of cereal. 2 servings of protein.

**Food consistency:** Smooth purée - a little thicker than last month.



## Stage One: Perfect Thicker Purées



### textured turnip

A good source of vitamin C, turnip makes a savory and satisfying purée that Baby will devour. To keep your turnip nice and thick, you'll use the Pulsing Technique on page 29.



Baby Blend Blade



Batchbowl

1 cup of well cooked, skinned turnip

¼ cup of water

- 1.) Twist the *Baby Blend Blade* onto the bottom of the *Batchbowl*.
- 2.) Add both ingredients to the *Batchbowl* and secure the lid.
- 3.) Place the *Batchbowl* onto the *Power Base*.
- 4.) Press straight down on the cup very quickly and immediately release.
- 5.) Pulse the turnip a few times until you have a nice textured consistency.



**Note** – To make a thinner purée add more water and blend for a bit longer.



**Tip!** – Use the Pulsing Technique (page 29) to create food with a more textured consistency.



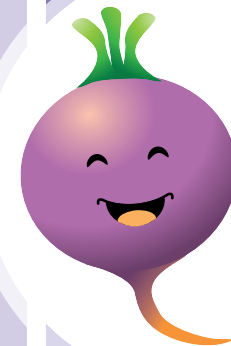
#### **Turnip and Brown Rice**

It's like Thanksgiving dinner in a purée – these 2 flavors create a savory, satisfying meal you are sure to serve again and again.

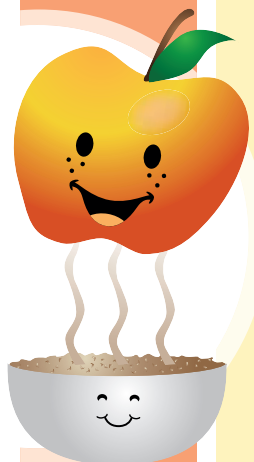


10 seconds

For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)



One cup of steamed, boiled or baked turnip (remove skin and greens) yields 8 oz of stage one baby food.



## apricot and oatmeal

This sweet and tangy purée combines vitamin A in apricots with heart-healthy oatmeal for a delicious and healthful meal for baby.



Baby Blend Blade



Short Cup

1 cup of well cooked, pitted and peeled apricots

¼ cup of water

¼ cup of very cooked oatmeal

- 1.) Add water and apricot to the *Short Cup*
- 2.) Twist on the *Baby Blend Blade*.
- 3.) Purée until you have achieved the proper smoothness.
- 4.) Spoon in cooked oatmeal until you achieve the right texture for Baby.



**Note** – To make a thinner purée add more water and blend for a bit longer.



**Tip!** – Combine any fruit or vegetable with any cereal. Just be sure to use the 4 Day Food Introduction Schedule.



### **Apples and Oatmeal**

*Sure to be one of Baby's favorites! Simply combine a NutriBullet Baby serving of apple purée with a NutriBullet Baby serving of oatmeal cereal and get ready for some serious eating!!*



7 seconds

# 9 Months!

## Stage Two - Tasty Textures

At this stage of Baby's development, it's time to thicken the meals up a bit. Start slow by adding well cooked rice, oatmeal or tiny pasta bits (stars are perfect) into purées. This adds a bit of texture and flavor. Stage 2 is a great time to start combining flavors as well. This will help you introduce more flavors and will help Baby develop a more mature palette.

During Stage 2 many wonderful foods can be introduced into Baby's diet. Chicken, red meat and shredded cheese... to name a few. Now that Baby has a much longer list of flavors to choose from, it's a great idea to make large batches of NutriBullet Baby servings in advance (see batch cooking page 68). That way, when a recipe calls for something like chicken – just throw in a thawed NutriBullet Baby serving of chicken – it couldn't be easier. It will save you an incredible amount of preparation time which allows you to be creative without spending too much time in the kitchen.

Stage 2 is a wonderful and fun time to start introducing finger foods such as cereal, tiny bits of fruit and minced pieces of vegetables.

## Feeding Schedule for Month 9

Time	Food	Drink
Wake Up Time	None	Breast/bottle
Breakfast	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Lunch	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Dinner	1 1/2 to 3 NutriBullet Baby servings	Breast/bottle
Bedtime	None	Breast/bottle

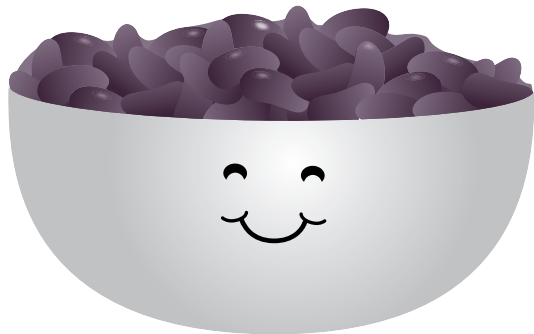
**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, beets, brussels sprouts, lentils, turnip, kale, eggplant, pineapple, greens, red meat, fish, turkey, beans, cheese.

**Food groups:** 4 - 5 servings of fruits and vegetables. 2 - 3 servings of cereal. 2 servings of protein.

**Food consistency:** Smooth purée - a little thicker than last month.

## New Foods to Introduce!

- Red Meat
- Fish
- Turkey
- Black Beans
- Kidney Beans
- Garbanzos
- Shredded Cheese
- Whole Rice
- Small/Well Cooked Pasta
- Diced Veggies
- Diced Fruits



## Family Dinners for Baby



## chicken, brown rice squash

This tasty meal contains lean protein and high-fiber complex carbohydrates. Purée a small portion for baby and serve the solid mixture to the rest of the family!



Baby Blend Blade



Batchbowl

One steamed/boiled yellow squash

½ cup of fully cooked chicken breast

½ cup of cooked brown rice

⅛ cup – ¼ cup of chicken or veggie broth

\* If Baby is handling textures well, add the rice in AFTER puréeing.

- 1.) Twist the *Baby Blend Blade* on to the bottom of the *Batchbowl*.
- 2.) Add the ingredients to the *Batchbowl* and secure the lid.
- 3.) Purée until you have achieved the proper smoothness.
- 4.) Enjoy or store.



**Note** – at this stage, thicker purées are better for your baby. But if Baby is having a hard time swallowing the thicker food – or keeps pushing the food out – stick with a thinner purée for a few more weeks.



10 seconds

## turkey, rice and carrot

Delicious and nutritious, this is sure to become a favorite.



Baby Blend Blade



Batchbowl

One carrot steamed or boiled until soft

½ cup of fully cooked, diced turkey breast

½ cup of cooked rice (ideally brown)\*

1 - 2 cups of chicken or veggie broth

\* If Baby is handling textures well, add the rice in AFTER puréeing.

- 1.) Twist the *Baby Blend Blade* on to the bottom of the *Batchbowl*.
- 2.) Add the ingredients to the *Batchbowl* and secure the lid.
- 3.) Purée until you have achieved the proper smoothness.
- 4.) Enjoy or store.



**Note** – at this stage, thicker purées are better for your baby. But if Baby is having a hard time swallowing the thicker food – or keeps pushing the food out – stick with a thinner purée for a few more weeks.



8 seconds

For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)



# 10 - 12 Months!

Now that Baby has grown accustomed to solid foods, you can phase out baby-only purées and start creating meals the WHOLE family can enjoy! Spoon an appropriate portion of your family's soup, pasta, or rice-based dish into the NutriBullet Baby, add water, and blend until you've achieved the proper consistency to serve to Baby as well. The less custom baby meals you prepare, the more time you will have AWAY from the kitchen! Family leftovers can also be puréed in the NutriBullet Baby and stored in the refrigerator or freezer, provided that a used utensil has not touched them.

## Self Feeding

It is very important to encourage self-feeding once your baby has reached 10 months. Provide Baby with a spoon at each meal and serve consistencies that keep their shape when traveling from bowl to mouth to minimize spillage. Prepare tiny bits of food that Baby can pinch between fingers at every feeding; beans and small pieces of fruit make wonderful finger foods for little mouths.

Though wheat is included on the First Year No-No List (pg 36), many pediatricians recommend pasta and cereal as introductory finger foods. Check with your doctor to see if your child can benefit from these wheat products at the 10-month mark.

Also, if your pediatrician approves, begin adding nuts and nut butters to your baby's diet, as they are easy to prepare and full of protein, nutrients, and healthy fats. As with all new foods, follow the 4-day Food Introduction Schedule and document all reactions in your Food Journal.

## Keep Introducing New Flavors

Once you pass the one-year mark, Baby may become a bit more finicky about trying new foods, so do your best to introduce a wide spectrum of textures and flavors between the 10 and 12-month marks.

Now that Baby's dishes contain more ingredients, you will save time by making larger batches of NutriBullet Baby servings in advance. Schedule one or two days to cook a few favorite single-ingredient purées, and store them in the freezer (see batch cooking on g 70). You will then have several ingredients on hand when a recipe calls for a specific purée—saving you preparation time and allowing you greater creativity on a moment's notice.

## Feeding Schedule for Months 10 - 12

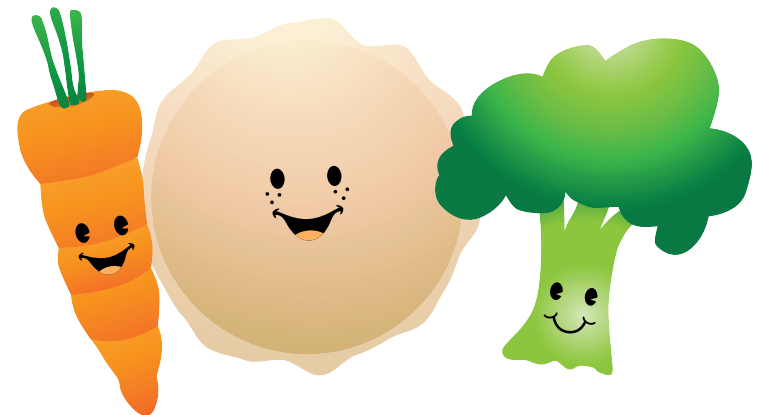
Time	Food	Drink
Wake Up Time		Breast/bottle
Breakfast	3 - 4 NutriBullet Baby Servings	Breast/bottle
Lunch	3 - 4 NutriBullet Baby Servings	Breast/bottle
Snack	1 - 2 NutriBullet Baby Servings	Water
Dinner	3 - 4 NutriBullet Baby Servings	Breast/bottle
Bedtime		Breast/bottle

**Foods:** avocado, brown rice cereal, peas, zucchini, squash, apple, pear, banana, sweet potato, asparagus, carrots, green beans, white potato, peach, tofu, cottage cheese, milled oatmeal cereal, milled millet cereal, apricot, cantaloupe, plum, watermelon, broccoli, cauliflower, beets, brussel sprouts, lentils, turnip, kale, eggplant, pineapple, greens, nut butter, red meat, fish, turkey, beans, cheese.

**Food groups:** 4 - 5 servings of fruits and vegetables. 4 servings of grains, 2 - 3 servings of protein, 1 serving of dairy (1/2 cup yogurt or 1 oz of grated cheese).

**Food consistency:** Increase the chunkiness, plenty of finger foods.

## Recipes for Months 10 - 12





## petite pancakes

Stack the breakfast table with a batch (or two) of these family flapjacks! Cut Baby's into bite-sized bits, and serve 'em big for Mommy and Daddy. Add a serving pear or apple purée to your batter for an extra dose of flavor, fiber, and nutrition.



Baby Blend Blade



Batchbowl

- 1 cup whole wheat flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 3/4 cup milk (or breast milk/formula)

- 1.) Twist on the *Baby Blend Blade* onto the bottom of the *Batchbowl*.
- 2.) Add all ingredients to the *Batchbowl* and secure the lid.
- 3.) Purée until you have achieved the proper smoothness.
- 4.) Spray a frying pan with olive oil and cook half dollar sized pancakes over medium heat until golden brown.



### **Pear Pancakes**

Add 1 NutriBullet Baby serving of pear purée to the ingredients and blend. Yum!

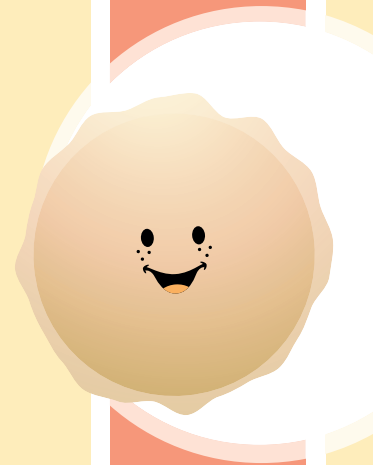
### **Banana Pancakes**

Add 2 NutriBullet Baby servings of banana purée (or 1/2 a banana) to the ingredients and blend. Yum!



10 seconds

For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)





## minestrone

This classic Italian soup bursts with flavor in every bite! Make in big batches to freeze and serve for busy nights.



Baby Blend Blade



Batchbowl

- 1/3 cup green bean purée (or 1 NutriBullet Baby serving of green beans)
- 1/3 cup yellow squash purée (or 1 NutriBullet Baby serving of yellow squash)
- 1 cup of marinara sauce (or 3 NutriBullet Baby servings of marinara)
- 1 Tbs olive oil
- 1 clove of garlic (optional)
- ¼ cup of water
- 1 cup of cooked green bean bits
- 1 cup browned ground beef (or turkey)
- ½ cup cooked or canned kidney beans (no liquid)
- 1 cup of veggie broth
- 1 cup cooked mini-elbow pasta

- 1.) Add the first 6 ingredients to the *Batchbowl* and blend until smooth.
- 2.) Pour the contents into a sauce pan and cook over medium heat until heated through.
- 3.) Add in the beef, beans, broth, pasta and heat to desired temperature.
- 4.) Serve or store.



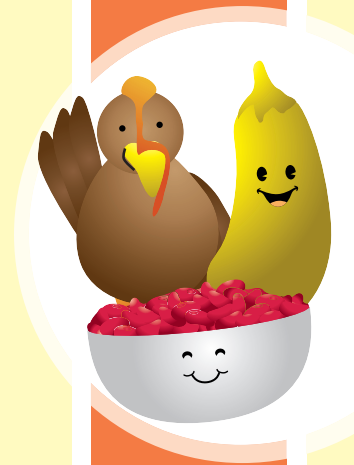
### ***Veggie Minestrone***

*Omit the ground beef from the recipe.*



14 seconds

*For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)*





# One Year +

What a difference a year makes! At this point of development, Baby's eating habits are becoming more like your own. Baby should be self-feeding with both fingers and spoons, and growing more vocal about likes and dislikes.

At the one year mark, it is more important than ever to serve Baby a variety of flavors and textures, as what you introduce now will set the foundation for his or her future eating habits.

Between 12 and 24 months, children tend to grow finicky and resistant to new foods. Encourage experimentation with your child by consistently serving a wide variety of options from each food group. Even if servings go untouched, your child will grow familiar with the food you prepare and more likely to actually eat it in the future.



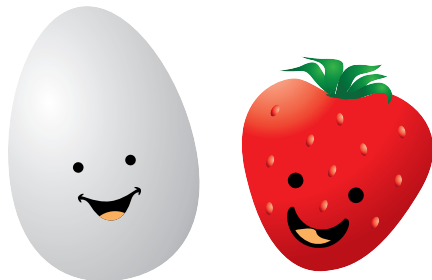
# The First Year No-No List is now Yes-Yes!

**Confirm with your pediatrician before offering any of the No-No foods (page 36) after Baby's first birthday**, but there is a good chance you are going to get the green light on the following list.

Honey  
Peanut Butter  
Citrus Fruits  
Raw Strawberries, Raspberries and Blackberries  
Egg Whites  
Whole Milk – as a drink  
Shellfish/Crustaceans

Because these foods are common allergens (hence having to wait so long to try them!) it's more important than ever to use your Food Journal and the 4-Day Food Introduction Schedule when introducing anything from the new Yes – Yes List.

Additionally, if there is a family history of allergies to any of these foods, feel free to wait a few more months to add them in. Always consult your pediatrician for advice.



# Foods to Discuss with your Pediatrician

Some foods are tougher to digest than others. Even though Baby's digestive system has come a long way, it is still developing. That being said, it's a good idea to check with your pediatrician before introducing the following foods:

Chocolate  
Cabbage  
Cucumbers  
Vanilla  
Onion (Raw)  
Vanilla Flavoring



## Add Puréed Goodness To Everything You Make

Even though your baby is developing a more mature palate, there is no need to abandon purées! The following recipes incorporate servings of **Baby's favorite purées to stand-by meal favorites for an added nutritional boost!** Add a touch of cauliflower to mac and cheese; brew up a hearty beef stew with a base of carrot, tomato, and yellow squash purée. The possibilities are endless!

For quick preparation, blend up multiple servings of a few different purées, freeze, then thaw when you're ready to use them. NutriBullet Baby purées will save you time and give Baby the nutrition he or she enjoys time and time again!



## Recipes for 12 - 18 Months



## stealth scrambled eggs

An egg-ceptionally delicious and nutritious breakfast that can be made in seconds with the NutriBullet Baby! Your little one won't suspect a thing!



Baby Blend Blade



Short Cup

2 eggs

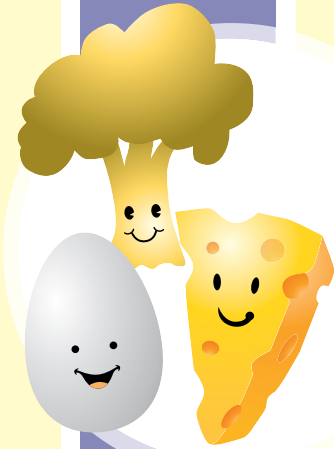
1 NutriBullet Baby serving of cauliflower purée (or zucchini)

¼ cup shredded cheese (optional)

- 
- 1.) Add all of the ingredients to the *Short Cup* and blend until smooth.
  - 2.) Add a bit of cooking oil to the bottom of a frying pan and turn on medium heat.
  - 3.) Pour egg mixture into the frying pan and stir with a spatula until the eggs are fluffy and full cooked.
  - 4.) Serve immediately.



14 seconds



For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)



## strawberry and pear totsicles

A sweet and healthy frozen treat for the whole family.



Baby Blend Blade



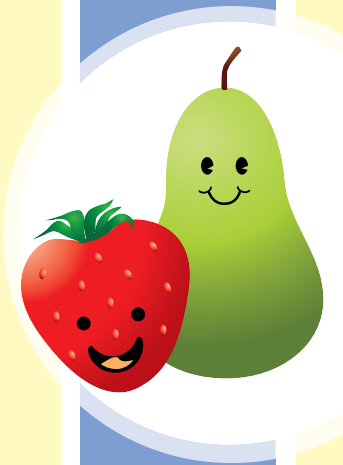
Short Cup

- 1 boiled pear (skinned and cored)
- ½ cup raw strawberries (remove tops)
- ¼ cup water

- 
- 1.) Add all of the ingredients to the *Short Cup* and blend until smooth.
  - 2.) Use the Soft-Tip Spatula to spoon the ingredients into the Batch Tray.
  - 3.) Fill as many cups as you can and then insert a plastic spoon into each filled cup. (use plastic wrap to keep in place)
  - 4.) Freeze until hard like a pop.
  - 5.) Serve and enjoy!



10 seconds







## mac and cheese

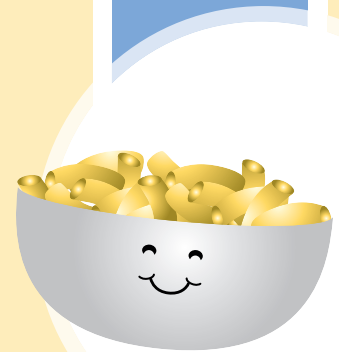
Inevitably, macaroni and cheese will be one of your child's favorite foods. So, why not embrace the old mac and cheese and infuse it with some puréed goodness? This one's a keeper!



Baby Blend Blade



Short Cup



¼ cup of cheddar cheese

¼ cup ricotta cheese

1 NutriBullet Baby serving of yellow squash or cauliflower,

1 tsp butter

2-3 Tbs milk

1 cup cooked whole grain macaroni noodles.

- 
- 1.) Add all the ingredients, except for the noodles, to the *Short Cup* and blend together until smooth.
  - 2.) Heat the cheese mixture in a saucepan over medium heat until melted and warm throughout.
  - 3.) Toss into cooked macaroni noodles.



8 seconds

For more recipes, please visit  
[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)



# Food Journal



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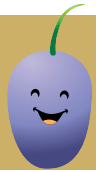
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# Food Journal



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Time of Day Served: \_\_\_\_\_

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Foods Served: \_\_\_\_\_

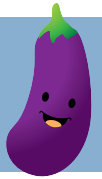
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## **NutriBullet Baby ONE-YEAR LIMITED WARRANTY**

At Baby Bullet, LLC, we take pride in our products. We go out of our way to make products of superior quality and craftsmanship, products designed to meet or exceed the demands placed on them through everyday use. Because of this commitment to quality, we warrant the NutriBullet Baby to be free of defects for one full year. Here's the deal: If your NutriBullet Baby stops operating to your satisfaction due to defects in materials or workmanship, we'll gladly repair it or replace it for free (excluding shipping and handling charges). For warranty service, simply contact our customer service department at [www.nutrifamily.co.uk](http://www.nutrifamily.co.uk), simply click the Customer Service link, fill out and submit the customer contact form and we will be glad to help you. At Baby Bullet, LLC, your complete satisfaction is our daily goal (hey, we know what it's like to be the customer!).

Baby Bullet, LLC warrants that the NutriBullet Baby is free of defects in materials and workmanship for one year from the date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by Baby Bullet, LLC. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. Baby Bullet, LLC shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

# NUTRiBULLET®

BABY

by NUTRiBULLET

## user manual and cookbook

**Make an entire week's worth of all-natural baby food  
in just minutes!**



The NutriBullet Baby has all the power and convenience of the original Magic Bullet and so much more! Specifically **designed to create and store a week's worth of baby food in just minutes**, the NutriBullet Baby system is, hands down, the leader in baby food making for quality, efficiency and affordability.

With the NutriBullet Baby, in less time than it takes to go to the store and buy one jar of food, you can create 7 flavors of delicious, preservative free baby food using the finest organic ingredients. And guess what? You'll actually be **saving money!!** And when you make your own baby food, you know EXACTLY what is going in it...fresh, wholesome foods and nothing else!

The best thing about the NutriBullet Baby Food Making System is that it gives you both the tools and the information you need to **set the stage for a life-time of healthy eating**. From identifying the signs that Baby is ready to try solids, to how to choose the perfect, freshest produce to tips for storage... **the NutriBullet Baby will be with you every step of the way.**