

Ideas for Leftover Baby Food

Make homemade baby food pouches using any favorite baby food purees

Mix fruit baby food into oatmeal, yogurt, cottage cheese and smoothies

Mix fruit purees into unsweetened applesauce for a new flavor

Add fruit purees into muffins

Use fruit purees as a spread for toast or a dip for crackers or cut fruit pieces

Add veggie purees to tomato or marinara sauce and mix it with pasta or use it to make pizzas (I still do this for my kids, who are ages 4 and 6)

Use vegetable purees to make sweet potato or squash or zucchini pancakes

Mix vegetable purees with brown rice to make rice balls or rice patties (perfect for dipping!)

Use vegetable purees in muffins

Use veggie purees to bind together casseroles and add some extra nutrition

Add extra vegetable purees to eggs for omelets, egg muffins or frittatas

Mix corn, carrot or squash purees into mashed potatoes or mac and cheese.

Stir vegetable purees into soups, stews or chili (all kinds of veggies can go here)

Add meat purees into chili, soups or stews

Use meat purees to make baby meatballs or baby hamburgers

Use baby food meat purees to make savory muffins with meat, veggies and cheese

