



# The Wholesome Baby Food Guide



A Wholesome Baby Food Cookbook



Happy Thanksgiving

# Thanksgiving Baby Food Ideas

*Happy Thanksgiving from Maggie and The Wholesome Baby Food Guide*

## Tasty Thanksgiving Baby Food Recipes & Meal Ideas

### Baby's First Thanksgiving Menu – Commonly Served Foods \*

- Roasted Turkey 6 Months+
- Roasted Ham 6 Months+ (all natural only)
- Sweet Potatoes 6 Months+
- Green Beans 6 Months+
- Pumpkin 6 Months+
- Butternut Squash 6 Months+
- White Potatoes\* 6 Months+
- Sweet Potatoes 6 Months+
- Asparagus 8 Months+
- Brussel Sprouts 8 Months+ (can cause serious gas)
- Apples 6 Months+
- Pears 6 Months+
- Stuffing 8 Months+
- Gravy Use Caution - rich and fatty
- Lasagna 8 Months+
- Nuts 8 Months + subject to allergy history
- Shell Fish 10 months+ subject to allergy history

\* Always consult your baby's pediatrician before beginning solid foods and about food choices.

\*\* Typically, saving white potatoes for later is a good idea as they are not as nutrient dense as other food choices.

## One Stop-One Pot Thanksgiving Dinner:

This easy-peasy meal uses all the foods that are already on the Thanksgiving menu. You may want to leave out the meat if your baby is just beginning solid foods and has not had meat.

### Ingredients:

- 1 cup of turkey - uncooked (breast or leg meat, diced)
- 1/2 cup peeled and cubed winter squash
- 1/2 cup peeled and cubed white potato
- 1/2 cup peeled and cubed sweet potato
- 1 small handful of fresh or frozen cranberries

### Directions:

1. Combine all ingredients in a medium sized saucepan
2. Add 2 cups of water
3. Bring to a gentle boil and then turn heat to low
4. Simmer on low for 20 minutes or until turkey is no longer pink and veggies may be easily pierced with a fork.
5. Transfer the cooked dinner to a large mixing bowl and mash or chop as needed.
6. Puree in a blender or food processor, if needed, for babies who do not like lumps and textures.



This will freeze nicely if pureed on Thanksgiving Day, you may also take a piece of cooked turkey and combine it with the veggies being served to create Baby's Thanksgiving Dinner.

## **Thanksgiving Baby Food Mixes & Matches**

Mix ingredients only once your baby has had them separately and you have checked for allergies or digestive upsets.

### **Squishy Squashy Sweet Potatoes**

Take a small scoop of that baked acorn or butternut squash and mash in some sweet potatoes.

### **Orange and White Potatoes**

Take a small scoop of (pre-seasoned) white mashed potatoes and blend in some sweet potatoes.

### **Baby's Apple Pie**

If you will be offering your baby cereal at Thanksgiving, make him an “Apple Pie” by mixing applesauce together with oatmeal or rice cereal.

### **Baby's Sweet Potato Apple Pie**

Mix together yummy sweet potatoes and applesauce then add in oatmeal or rice cereal.

### **Pumpkin Pie**

Making pumpkin pie for baby is easy; blend pumpkin puree together with oatmeal or rice cereal – add a dash of cinnamon.

## Super Delicious Spiced Squash

A scoop of squash with the addition of cinnamon and/or nutmeg.

## Green & White Potatoes

Blend creamy white potatoes with green beans (you may have to puree the green beans first)

## Baby's Turkey Dinner

Blend, chop or puree any combination of these Thanksgiving classics together for an easy, yummy meal.

- Turkey
- Applesauce
- Sweet potato
- Squash
- Cranberry sauce
- Mashed potatoes



If your baby is eating finger foods, simply cut the turkey into small pieces and arrange in baby's dish with the veggies, cranberry and applesauce.

## Tofu Dinner

If you will be offering your baby tofu at the Thanksgiving Dinner table, make your baby's tofu meal festive too. Blend or dice the tofu into manageable bites and mix in squash or sweet potato for a yummy meal; add some applesauce or cranberry sauce for extra yum.

You can also arrange the tofu bites in baby's dish with squash, white potato and another veggie like carrots or green beans.

### **Creamy Sweet Potato Pie**

Mix sweet potato, yogurt, cereal and a dash of cinnamon then top with powdered Cheerios or Oatie O's and mix well.

### **Apple Cream Pie**

Combine cereal, yogurt and applesauce together adding a dash of cinnamon. Top with powdered Cheerios or Oatie O's and mix well.

### **Pumpkin Cream Pie**

Combine pumpkin puree together with cereal and yogurt and then add a dash of cinnamon or nutmeg. Top this yummy mix with powdered Cheerios or Oatie O's and mix well.

### **Thanksgiving Baby Food for Babies Enjoying Lumps & Bumps**

Use all the recipes above only serve as "finger" meals if baby is eating chunky foods.

Arrange dices of turkey, dollops of sweet potato and squash and add some white potato along with green beans.

## Can My Baby Eat REAL pumpkin pie?

Pumpkin pie typically contains whole eggs, evaporated milk and spices. Many pediatricians will say that for the non-allergic baby of 8 months or older, baked goods with whole eggs are fine. This “rule” is now being relaxed and feeding babies eggs around 6 months of age is acceptable. Please keep in mind that a family history of egg allergies requires caution when offering your baby eggs or foods with eggs in them.

This same advice is usually true for milk products. Milk in a baked good recipe is fine for the non-allergic infant of 8 months or older but again, be mindful of a family history of milk allergies.

Wait! Babies can't have milk at all – can they? The point to remember is this; milk is NOT appropriate as a drink for your baby. Milk is not meant to be a replacement for breast milk or formula until a baby has reached the age of 12 months or until your baby's pediatrician indicates this is appropriate. Sadly, many pediatricians skip this detail and simply say “No milk until baby 12, 18 or 24 months old”.

If you would like your baby to have a Thanksgiving treat and wish to serve him a wee bit of pumpkin pie, consider the above and as always, consult with your pediatrician.