

SPICES FOR BABY FOOD

COMBO IDEAS

Squash and Spinach
Oatmeal and Fruit w/Vanilla*
Bananas and Cinnamon
Applesauce w/Cinnamon or Ginger
Pears and Cinnamon
Plain, Greek Yogurt and Mint
Sweet Potatoes w/Cinnamon, *Vanilla or Allspice
Carrots w/Basil and Garlic
Baked Cinnamon Carrots
Green Beans sprinkled w/Garlic Powder
Mashed Potatoes w/Dill Weed or Garlic
Chicken or Turkey with Cinnamon,
Garlic Powder and Basil or Lemon Zest,
Pepper, Basil and Oregano, or Garlic and Pepper
Beef with Garlic, Onion Powder or Orange Zest

*Vanilla – “pure” has high alcohol content unless you are cooking with it. If you aren’t cooking with it, use the essence of vanilla or an actual vanilla bean.

SPICES

*Vanilla, Cinnamon, Nutmeg
Oregano, Basil, Rosemary
Curry Powder – red or yellow
Garlic – minced or powdered
Allspice, Anise, Mint
Lemon Zest or Orange Zest
Pepper, Dill Weed, Ginger

MORE IDEAS