Why make your own baby food? Jarred baby foods are preserved to last up to 2 years and they are bland and tasteless. How can your baby develop their tastes if they start out with foods that don't have any?

The second six months of life is the only window of opportunity you have to develop your baby's taste buds. If you miss this precious time, your child may join the ranks of picky eaters simply because of lack of exposure to interesting food. The healthiest baby foods are the ones you make yourself. ~Michael Cohen, M.D.

Baby food made the Tupperware way!

Product List

# 890	Domed Cutting Board	$ 39.50
#1252	Twistable Peeler	$ 13.50
# 883	Santoku Knife	$ 79.50
#1244	Quick Chef	$ 52.50
#1242	Whip 'N Prep Chef	$ 52.50
#1160	Smart Steamer	$139.00
# 781	Midgets Set	$ 11.00
# 474	Snack Cup Set	$ 12.00

Ingredients
1 medium butternut squash, peeled, cut in half and seeded
1 tablespoon unsalted butter (optional)
2 tablespoons orange juice(optional)

To get the right consistency, you can add water from the bottom of the steamer and/ or unsalted butter to any puree.

Use the Twistable Peeler to peel the skin off of the Butternut Squash. Using the cutting board and the Santoku Knife, cut the squash into pieces and put them into the Quick Chef. From there you will put the chopped squash into the Smart Steamer's bottom basket. Steam for 20-25 minutes and then let sit for 5 minutes. Put the steamed squash, unsalted butter and orange juice into the Whip 'N Prep Chef and blend it until smooth. Spoon the puree into the Midgets and Snack Cups for 2 oz and 4 oz serving sizes and freeze. Food will keep for 6 months in the freezer.

You can cook more than one food in the Smart Steamer using both baskets. To mix foods, cook and freeze separately and then combine them when reheating. Purees should be thawed in the microwave or saucepan as long as the food is heated all the way through until piping hot. Allow to cool down and stir thoroughly before feeding.

For more recipes and tips: "Top 100 Baby Purees" by Annabel Karmel