

Breakfast Baby Food

Nutritious baby breakfast puree with banana, cheese, and molasses for babies 7+ months. Easy 5-minute recipe that's perfect for introducing new flavors.

5	5	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Breakfast Baby Food

Ingredients

- 0.5 banana
- 0.5 tbsp quark cheese
- 1 tsp molasses

Instructions

- 1 Mash 0.50 banana in a clean bowl using a fork until completely smooth with no lumps remaining.
- 2 Add 0.50 tablespoon soft cheese to the mashed banana and mix thoroughly with the fork until well combined.
- 3 Stir in 1 teaspoon molasses and mix until the color is uniform throughout the mixture.
- 4 Check the mixture for any remaining lumps and mash again if needed until completely smooth.
- 5 Serve immediately at room temperature or store covered in the refrigerator for up to 24 hours.

Tips

Always test the temperature of the food before serving to ensure it's not too warm for your baby's sensitive mouth.

Use very ripe bananas with brown spots for the sweetest flavor and easiest mashing consistency.

Start with less molasses than called for and gradually increase to help your baby adjust to new flavors.

Mash ingredients thoroughly with a fork, pressing against the bowl sides to eliminate any lumps that could pose a choking hazard.

If your baby refuses the mixture initially, try offering it multiple times over several days as it can take repeated exposure to accept new flavors.

Keep a food diary to track which ingredients your baby enjoys and any reactions to help plan future meals.

Serve at room temperature or slightly warm, never hot, to prevent burning your baby's mouth.

Have a damp cloth ready for cleanup as babies often get messy while learning to eat new textures.