

# Guide to homemade baby food



User manual,  
tips & more!



**nutribullet**  
BABY®

# Contents

03	Important safeguards
09	What you get
10	Using the nutribullet Baby®
13	Batch preparation
14	3 stages of baby food
16	What do I need?
18	Allergy alert
26	References

## Important safeguards & cautionary information

For your safety, carefully read all instructions before operating your nutribullet Baby®.

### Save these instructions!

#### GENERAL SAFETY INFORMATION

- Close supervision is necessary when an appliance is used by or near children. Keep cord out of reach of children.
- **NEVER LEAVE THE NUTRIBULLET BABY® UNATTENDED WHILE IT IS IN USE.**
- Do not use your nutribullet Baby® for anything other than its intended use.
- Do not use outdoors.
- Always use your nutribullet Baby® on a clean, flat, hard, dry surface.
- If the nutribullet Baby® malfunctions or is dropped or damaged in any way, discontinue use and contact customer service at for further assistance.

#### HEAT & PRESSURE SAFETY

**Do not put hot ingredients in any of the sealed blending vessels before blending.**

#### WARNING!

Heat released from the ingredients can cause pressure to build in the sealed vessel, resulting in possible expulsion of the ingredients that can lead to personal injury or property damage. Start with cool or room temperature ingredients (21°C or less).

- **Never let the motor run for more than one minute at a time.** Running the motor for longer than one minute can (i) cause permanent damage to the motor and (ii) heat and pressurize the ingredients through friction from the rotating blades, resulting in possible personal injury or property damage. If the motor stops working, unplug the Motor Base and let it cool for a few hours before attempting to use it again. Your nutribullet Baby® has an internal thermal breaker that shuts off the motor if it overheats. The Motor Base will reset when

the thermal breaker cools down.

- **Never blend carbonated liquids or effervescing ingredients (e.g., baking soda, baking powder, yeast, cake batter, etc.).** Built-up pressure from released gases can cause the cup to burst, resulting in possible personal injury or property damage.
- Do not microwave any of the nutribullet Baby® components (cups, lids, blades, motor base) and never microwave a sealed cup.

### BATCHBOWL/CUP SAFETY

- Always operate the Batchbowl with the Lid firmly in place.
- Never insert food into the Batchbowl by hand while the nutribullet Baby® is running. Remove the Batchbowl from the Motor Base to add ingredients.
- Never run the nutribullet Baby® without food or liquid contents in the Cup or Batchbowl.
- Do not attempt to override the interlock mechanism.

### DATE-DIAL CUP SAFETY

- Do not use the Date-Dial Storage Cups to freeze foods. Use a freezer-safe container to freeze foods.
- Do not fill the Date-Dial

Storage Cups more than 2/3 full.

### BLADE SAFETY

**Blades are sharp. Handle carefully.**

#### WARNING!

**AVOID CONTACT WITH MOVING PARTS!** Keep hands and utensils out of Batchbowl and away from blades while blending food to reduce the risk of severe personal injury. **A spatula or utensils may be used to move food around, but only when the unit is not running.**

Never use hands or utensils to press the activator buttons down while the Motor Base is plugged in.

- To reduce the risk of injury, make sure the Extractor Blade is securely screwed onto the Short Cup or Batchbowl before placing it on the Motor Base and operating the appliance.
- Never store the Extractor Blade on the Motor Base without a cup or vessel attached.

### GASKET CARE

- Each Extractor Blade incorporates a silicone gasket that creates an airtight seal when twisted onto the cups. Check gasket to make sure

it is completely seated in the Extractor Blade before and after each use. Never attempt to remove the gasket from the blade.

- **Attempted removal of the gasket may permanently damage the blade configuration and cause leakage.** If in time a gasket becomes loose or damaged, discontinue use of the Extractor Blade and contact customer service for a replacement.

### ELECTRICAL SAFETY

#### WARNING!

Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury, or product damage.

- Do not use attachments other than those provided for your nutribullet Baby®, including canning jars, as they may cause fire, electric shock, personal injury, or product damage and will void the product's warranty.
- To avoid risk of electrical shock, never immerse the cord, plug or Motor Base in water or other liquids.

- Always **UNPLUG** the nutribullet Baby® when it is not in use or **BEFORE** assembling, disassembling, changing accessories, or cleaning. Do not attempt to handle the nutribullet Baby® until all parts have stopped moving.
- Do not allow the cord to hang over the edge of any table or counter. Do not pull, twist, or damage the power cord. Do not allow the cord to touch hot surfaces, including the stove.

### CLEANING THE NUTRIBULLET BABY®

Please follow the below cleaning instructions before the first use, and after each use.

**Cleaning the nutribullet Baby® is easy. Simply place any of the pieces (except for the Motor Base) on the TOP RACK of the dishwasher or hand wash with warm, soapy water and rinse.**

#### WARNING!

**Do not expose Extractor Blade and other plastic parts to extreme, rapid temperature changes, like sterilizing in boiling water or steaming, as this may warp or damage the plastic.**

When washing blades, **DO NOT ATTEMPT** to remove the gasket ring.

## CLEANING THE NUTRIBULLET BABY® MOTOR BASE

### WARNING!

The **Motor Base** doesn't generally require much cleaning, but liquids can leak into the base and activator buttons if cups and blades are not tightly sealed during blending.

How to clean the Motor Base:

- **STEP 1: UNPLUG** the Motor Base.
- **STEP 2:** Use a damp rag to wipe down the inside and outside of the **MOTOR BASE**.

### WARNING!

**Never submerge the Motor Base in water or place it in the dishwasher. Always unplug before cleaning.**

## STUBBORN CLEANUP

- To loosen dry, stuck-on ingredients from the nutribullet Baby® cups, fill cup halfway with soapy water, twist on the blade, and blend on the Motor Base for 10-20 seconds. Untwist the blade, pour out the water, then lightly scrub and rinse to remove any remaining debris.

! Save these  
● instructions!





# What you get



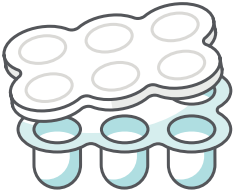
3-piece batchbowl



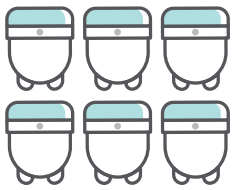
motor base



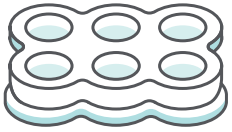
extractor blade



easy-pop freezer tray with lid



6 date-dial storage cups



tip-proof tray



short cup



stay-fresh resealable lid

# Using the nutribullet Baby®

## Using the batchbowl



1

Twist the **extractor blade** onto the **batchbowl** ensuring it is sealed.



2

Remove the **batchbowl lid**, and add liquid of choice and completely cooled food, making sure any skins, cores, pits, or stems have been removed. Do not exceed the MAX line.



3

Place the lid back on the **batchbowl** and place the **batchbowl** assembly onto the **motor base**. Push down and twist clockwise to engage the motor. Blend until food reaches the desired consistency.



4

Twist the **batchbowl** assembly counterclockwise to disengage the motor and lift off the **motor base**. Spoon the purée into a bowl and enjoy immediately or store for later.

⚠️ **ALWAYS** use clean hands, clean cooking utensils, clean preparation surface(s), clean pots/pans, etc., when making and preparing homemade baby food.

## Using the short cup



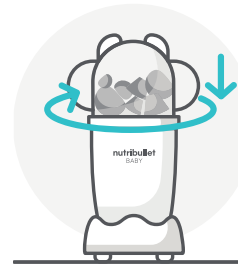
1

Add liquid of choice and completely cooled food to the **short cup**, making sure any skins, cores, pits, or stems have been removed. Do not exceed the MAX line.



2

Twist the **extractor blade** onto the **short cup** ensuring it is sealed.



3

Place the **short cup** assembly onto the **motor base**. Push down and twist clockwise to engage the motor. Blend until food reaches the desired consistency.



4

Twist the **short cup** assembly counterclockwise to disengage the motor and lift off the **motor base**. Spoon the purée into a bowl and enjoy immediately or store for later.

⚠️ **NEVER** blend hot, carbonated, or effervescent ingredients or liquids in a sealed short cup, which can pressurize and lead to personal injury.

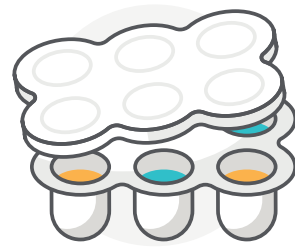
## Storage



### Short-term storage

Spoon the purée into the **date-dial storage cups** for short-term storage in the refrigerator.

**!** NOTE: Refrigerated foods must be consumed within 2 days. Frozen foods are good for up to 3 months.



### Long-term storage

Spoon the purée into the **easy pop freezer tray**, snap on the lid and store in the freezer.

## Batch preparation

Now is when you really get to take advantage of all that the nutribullet Baby<sup>®</sup> has to offer and make multiple flavors of fresh baby food in minutes! **Here's how you do it:**

- 1 Choose your weekly menu based on foods your baby already tolerates and new foods you'll be introducing. Boil and steam all of the tolerated foods together so they cook at the same time. New foods must be prepared separately to avoid cross-contamination in case of an allergic reaction.
  - 2 While the tougher ingredients cook, purée ingredients that do not require cooking like banana, avocado, watermelon. Be sure to wash, skin/peel, de-seed/core your fruits and vegetables accordingly and wash your Batchbowl between blends. Allow cooked ingredients to cool completely, then blend with liquid (breast milk, formula, or water) to the desired texture and consistency.
  - 3 Refrigerate foods you plan to serve within the next two days in either the Short Cup or in the Storage Cups. Use the Date-Dial to keep track of the preparation date. Use the Easy-Pop Freezer Tray to freeze purées for up to 3 months.
- Check gasket before each use to make sure it is completely seated in the extractor blade. Attempted removal of the gasket may permanently damage the blade configuration and cause leakage. If in time a gasket becomes loose or damaged, please contact customer service for a replacement extractor blade at [nutribullet.com](http://nutribullet.com).**
- Do not run motor for more than one minute at a time, as it can (i) cause permanent damage to the motor and (ii) heat and pressurize the ingredients through friction from the rotating blades, resulting in possible personal injury or property damage. If the motor stops working, unplug the motor base and let it cool for a few hours before attempting to use it again. Your nutribullet Baby<sup>®</sup> has an internal thermal breaker that shuts off the motor if it overheats. The motor base will reset when the thermal breaker cools down.**

# 3 stages of baby food

! Because every baby develops differently, it is important to talk to your pediatrician first, so you can make informed decisions about what foods are appropriate for your baby at their stage of development. If at any point you become concerned with your baby's eating habits, contact your pediatrician for advice.

## Stage 1

Perfect purées: 6–8 months



Signs your baby may be ready for Stage 1 include:

- Baby weighs at least 6 kg and/or has doubled his or her birth weight.
- Baby can sit upright with support and has the ability to “lean in” for more food.
- Baby has good head control.
- Baby can turn away to signify mealtime is over.
- Baby does not push food out with his or her tongue (extrusion reflex), and baby can move food to the back of the mouth and swallow.

[1, 2, 3, 4]

Stage 1 introduces your baby to a series of smooth, thin purées to get developing systems used to solid food. Most babies begin this stage between 6 and 8 months of age, but they can be ready as early as 4 months or as late as 10 months.

If you choose to introduce solids prior to 6 months of age, we suggest that you consult with your pediatrician and ensure your baby shows the signs detailed below.

## Stage 2

Tasty textures: 9–12 months



As your baby grows and develops stronger swallowing skills, he or she will become hungrier and more interested in food. At this stage, your baby may be willing to try just about anything, so get creative!

Remember to always follow your baby's lead when introducing new foods. Be gentle and do not force your child to eat anything he or she doesn't want. If it doesn't go well, simply take a break and try again in a week. Self-feeding is a big part of Stage 2, so this is where you can begin to offer age-appropriate finger foods, let your baby hold the spoon, and serve thicker foods in a bowl.

## Stage 3

Mini-meals: 12+ months



Stage 3 expands your baby's list of developmentally appropriate foods. To avoid picky eating habits, keep offering a wide variety of textures and flavors. If a certain food is rejected or ignored, do not stop serving it to your child. Consistently including a new type of food on your child's plate will make it more familiar and reduce the anxiety surrounding feeding time. It takes an average of 5–10 repeated servings for most infants to start liking a new food, so with repetition and patience, your child is likely to expand his or her palate.



# What do I need?

## Food steamer or stainless-steel pots with steam basket.

With the exception of naturally soft foods like bananas and avocados, most foods need to be steamed before they are puréed. Get a steam basket for your kitchen if you do not already own one.

## Slightly reclining infant seat or high chair.

Every family has unique needs, so it is important to find a high chair that suits yours, whether it's a strap-on chair that attaches to any dining chair or a higher, eye-level highchair. Whatever you choose, **safety and security are always your top priorities when feeding your baby.**

## Floor mat or splat mat.

When it comes to feeding your baby, expect the unexpected and be prepared. **Flying purée is common when your baby starts on solid food.** To minimize the mess, line your floor with a floor mat or a splat mat. It's a much easier clean-up than hosing down the kitchen!

## Plastic bibs with big pockets to catch foods & drips.

Wet ingredients often seep right through cloth bibs and into your baby's clothes. For advanced spill protection, try **water-resistant plastic or silicone bibs** that catch rogue splashes and bits without absorbing them.

## Baby-friendly utensils.

To feed your baby safely, it's important to have the right tools. Make sure all utensils, plates, and bowls are BPA-free and phthalate-free. **Baby spoons and forks should be made out of silicone, bamboo, natural wood or stainless steel, and should be equipped with a soft-grip handle.** If you are serving warm foods be sure to test the food to ensure it's not too warm for your baby and avoid burning your baby's mouth. Make sure bowls and plates are equipped with a suction bottom to avoid flying purées!



# Allergy alert

Infants and children commonly experience allergies. A food allergy occurs when the body's immune system reacts to a certain food as if it is dangerous or harmful, triggering symptoms that range from mild to severe (see **Signs of an allergic reaction** on page 19). While children often outgrow allergies to milk, eggs, soy and wheat, allergies to peanuts, tree nuts, fish and shellfish are more likely to be permanent [5].

**Certain foods may cause an allergic reaction in babies**, so we recommend staying vigilant for at least the first year of feeding. Current guidelines recommend introducing allergenic foods when your baby starts consuming puréed foods (~6 months). Evidence has shown that delaying the introduction of such foods may actually increase a child's risk of developing a food allergy. Keep in mind that a child can develop an allergic response at any time, even after initial exposure. Babies require constant monitoring as they're exposed to new foods during these early stages.

It is also important to remember that every baby is different. Consider your family's history of allergic reactions to food, as this may play a factor. **It is vital to consult with your pediatrician before introducing any foods, especially those that are known to provoke allergic reactions.**

**We recommend introducing new foods one at a time and earlier in the day**, so you are able to contact your pediatrician during normal business hours in the event of an allergic reaction.

## Introducing highly allergenic foods.

Please note that the decision to introduce highly allergenic foods is a personal one to make in consultation with your pediatrician. If your infant already shows signs of a food allergy, or if a sibling has a peanut allergy [6], your pediatrician may refer you to an allergist for testing and personalized guidance.

### Top food allergens:

- cow's milk
- egg
- soy
- wheat
- peanuts
- tree nuts
- fish
- shellfish

## Signs of an allergic reaction

### Mild to moderate reactions

Easier to identify in children and adults who can verbalize something is wrong. **More difficult to identify in infants.**

#### LOOK OUT FOR:

- hives or welts
- swelling of lips, face, or eyes
- tingling of the mouth
- abdominal pain or vomiting

### Severe reactions

Can be deadly and require immediate medical attention.

**SEEK MEDICAL ATTENTION IMMEDIATELY - DO NOT DELAY.**

Remember these symptoms are difficult to identify in anyone, especially infants and children, so be on the alert when introducing new foods to your child [7, 8, 9].

#### LOOK OUT FOR:

- difficult/noisy breathing
- swelling of the tongue
- swelling or tightness in the throat
- difficulty talking and/or hoarse voice
- wheezing or persistent cough
- persistent dizziness or collapse
- pale skin, floppy movements



**NOTE: Even a small allergic reaction can be the first sign of a severe reaction. Please call your pediatrician at any sign of an allergic reaction!**



**NOTE: Be sure to confirm a food allergy diagnosis with your pediatrician to avoid unnecessary dietary restrictions for you and your baby.**

## Food intolerance

Food intolerance is sometimes confused for a food allergy because it can manifest similar symptoms, such as vomiting, abdominal pain, and diarrhea. **Whereas food allergies** are *immune reactions* to the proteins found in foods like milk, nuts and fish, **food intolerances** are a reaction to the body's inability to digest a certain kind of food.

People are most likely to be intolerant to **lactose** found in dairy products. According to the National Institutes of Health, most people are lactose intolerant: 95% of Asians, 60–80% of African Americans, 80–100% of American Indians, and 50–80% of Latinos [10].

While food intolerance and its related symptoms are not as dangerous as food allergies, it is important to review any symptoms with your pediatrician and provide your child with the medical attention he or she needs.

- Infants are at a higher risk for food-borne illnesses than older children and healthy adults. It is critical to adhere to food safety practices.
- Cleanliness is extremely important when making homemade baby food. Always use clean hands, clean cooking utensils, clean preparation surface(s) and clean pots/pans, etc. when making and preparing homemade baby food.
- Be sure steamed or heated foods are completely cooled and skins, cores, pits or stems are removed before adding to the Short Cup or Batchbowl.

 **NOTE: The information contained in our guide is not a substitute to regular baby care. Always consult your pediatrician regarding food safety, nutrition and the feeding of your child.**

## What to avoid

### Choking hazards

- raw, hard vegetables
- large pieces of fruit
- sticky or hard foods (popcorn, marshmallows, hard candy, etc.)
- whole nuts, both small and large

### Harmful bacteria & spores


- **Unpasteurized dairy products** are not treated to kill harmful bacteria and are therefore unsafe for immature immune systems.
- **Honey** contains spores that may cause botulism, a rare and extremely serious illness, in an immature digestive system.

### Canned foods that are...

- outdated
- without a label
- dented, rusted, bulging, or leaking

### Added ingredients

- salt or sugar

 **NOTE: According to American Academy of Pediatrics, "Try to avoid introducing juice until child is a toddler. If juice is introduced, wait until 6–9 months and limit consumption to 120–180 ml. Avoid introduction of sugar-sweetened beverages." [11]**



# Stage 1

## Perfect purées 6–8 months

**Finely blend veggies and fruits  
for nutritious, wholesome purées  
— your baby's first introduction  
to solid food.**

**NOTE:** to make a thicker purée, reduce liquid to 1 tbsp; for a thinner purée, add 1 tbsp of liquid at a time until you reach desired consistency.

## Stage 1 will last 6–8 weeks.

Stage 1 introduces very simple, thin purées with no more than two ingredients. New foods should be introduced on a 4-day schedule, meaning you'll introduce one new food at a time, every four days. This is critical for tracking any allergic reactions to a particular food.

### Introducing flavors

Baby's first "solid" meal will actually be a thin, single ingredient purée. To create a purée that is the appropriate consistency, purée foods with breast milk, prepared formula or water.

### "4-Day wait" rule

When introducing new foods, it's very important to follow the "4-Day Wait" rule: introduce new foods one at a time, for four-days straight. For example, if your baby tried avocados on Monday, wait until Friday to introduce sweet potatoes. That way, you

can trace any strange reactions, rashes or poops that appear right back to the offending food. Only introduce new foods in the morning or early afternoon in the event you need to reach your pediatrician. It is fine to combine a new food with any food you know your baby already tolerates.

### Thicken the consistency over the course of Stage 1

As your baby becomes more familiar with eating, gradually thicken the consistency of their food by blending with less liquid (breast milk, prepared formula or water). Let your baby lead the way.

Every child develops differently, so it's important to talk to your pediatrician to make informed decisions about what foods are appropriate, specifically for your baby. If at any point you become concerned with your baby's eating habits, contact your pediatrician for advice.

# References

- [1] <https://hgic.clemson.edu/factsheet/introducing-solid-foods-to-infants/>
- [2] <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Working-Together-Breastfeeding-and-Solid-Foods.aspx>
- [3] <https://ohioline.osu.edu/factsheet/MOB-4>
- [4] <https://www.foodsafety.gov/people-at-risk/children-under-five>
- [5] <https://www.foodallergy.org/about-fare/blog/who-is-likely-to-outgrow-a-food-allergy>
- [6] [www.llli.org/faq/firstfoods.html](http://www.llli.org/faq/firstfoods.html)
- [7] [www.webmd.com/parenting/baby/introducing-new-foods#2-4](http://www.webmd.com/parenting/baby/introducing-new-foods#2-4)
- [8] [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/allergy-fruit-and-vegetable-allergy](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/allergy-fruit-and-vegetable-allergy)
- [9] [www.kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx](http://www.kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx)
- [10] <https://ghr.nlm.nih.gov/condition/lactose-intolerance#statistics>
- [11] <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Infant-Food-and-Feeding.aspx>

## EN/ Explanation of the markings



**EN/** This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal; recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.



**EN/** This product complies with the European regulation no. 1935/2004 on materials and articles intended to come into contact with food.

# nutribullet

BABY®



Capital Brands Distribution, LLC, Los Angeles, CA 90025 | [www.nutribullet.com](http://www.nutribullet.com)  
All rights reserved  
nutribullet® and the nutribullet® logo are trademarks of CapBran Holdings, LLC registered in the U.S.A. and worldwide. Copyright 2021

210924\_NBY-1893