

Homemade Baby Food - Made Easy with Tupperware!

Step 1: Cook

Tupperware SmartSteamer



- Fail-safe, easy to use
- Breakthrough innovation in microwave steaming technology.
- Steams everything from vegetables, to tofu and fish.
- Eat healthy, tasty food.
- This is the perfect system to provide your baby with a healthy, homemade meal plan.
- Save money on energy versus traditional stove steaming.
- Sustainable for the environment (save energy and lasts a lifetime).
- Unique product is made with encapsulated metal, so it blocks the microwaves that normally cook foods, and directs them to the Water Tray, creating steamed delicious, nutritious meals in minutes.

Wellness Cooking

- Steaming allows cooking any type of food and is a well-known method for fat-free cooking. It also retains nutrients, fatty acids minerals and vitamins.
- Steaming does not mean bland cooking. The colors are more vibrant, the texture stays firm, the natural flavors are better preserved and the herbs or condiments can develop their aroma fully. Add herbs or spices to the water to add a specific taste. You can also accompany your meals with sauces for a richer taste.
- Steaming is perfect for the whole family – and a great way to introduce vegetables to children who will appreciate the festival of authentic colors and tastes on their plate.

Step 2: Puree

Tupperware Quick Chef Pro



A few quick turns are all it takes to chop vegetables and mix almost any recipe!

- Quick-and-easy alternative to electric food processors
- A single turn of the handle rotates blade or paddle whisk four times, saving time and effort
- Stainless steel blade effortlessly chops fruits and vegetables
- Paddle whisk quickly whips or mixes cream, salad dressings and dips
- Funnel attachment incorporates oil into mayonnaise, pesto sauce or salad dressing
- Non-skid base prevents sliding
- Standard and metric measurements



Power Chef: Our most efficient food processor, blends, mixes, emulsifies and chops with the easy pull of a cord.

Step 3: Prepare to Freeze

Tupperware Saucy Silicone Spatula

An Indispensable Kitchen Tool! You'll discover the difference from the moment you first pick up Tupperware's Saucy Silicone Spatula

- Features a remarkable sturdy extra-long handle with a pleasing heft.
- Stain resistant
- Can endure heat up to 400° F.
- The Spatula's head is idea for mixing sauces and batters and cleans the bowl well when transferring food to containers to freeze.



Step 4: Freeze

Tupperware Freezer Mates Mini 1's



- These 1/2 cup Mini's are designed to allow maximum airflow for fast freezing that preserves flavor, nutrients and texture.
- Can flex for easy removal of food while frozen to transfer to a container that is microwave reheatable.
- Do not use Freezer Mates in the microwave.



Tupperware Freeze-it Small Containers

- Set of six
- 1-1/2 cups each
- Great for freezing or refrigerating your homemade baby food
- You'll love these for all types of refrigerator and/or freezer storage
- Do not use these containers in the microwave.

Your Tupperware Connection:

Tupperware®