

Recipe guide.



Recipes, tips
& more!



nutribullet
BABY®

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 1-800-523-5993 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/70°F 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 $\frac{3}{4}$ 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

WARNING! 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 at 1-800-523-5993.

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.

POLARIZED PLUG INFORMATION:

- This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will only fit in a polarized outlet one way. If the plug does not fit easily into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not modify the plug or outlet in any way.**
- This appliance has important markings on the plug prong. The plug or cord cannot be replaced. If damaged, the whole appliance must be replaced.

CLEANING THE NUTRIBULLET BABY®

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!



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The NutriBullet Baby[®] system.

Caring for infants can be challenging. The NutriBullet Baby[®] is designed to make it easier. With specific components for blending, storing, and serving, this efficient machine quickly and easily creates fresh, affordable homemade food for your baby from wholesome ingredients.

Baby food, made with love[®].

When making your baby's food from scratch with NutriBullet Baby[®], you get full control over what goes into each meal, providing your child with better nutrition at a fraction of the cost of prepackaged purées. NutriBullet Baby[®] allows you to make several flavors of delicious, preservative-free baby food in less time than it takes to go to the store to buy one jar. To sum it up, this system saves you time and money while maximizing the quality of your baby's food. What's not to love?

Benefits.

Simple. Wholesome. Nutritious.

The ingredients in homemade baby food are ones you are familiar with — foods with names you can pronounce that are free from preservatives, stabilizers, and dyes. Because NutriBullet Baby® purées are made without additives, they should be consumed fresh within 2 days, or frozen and consumed within 3 months.



Fresh baby food.

Make fresh, delicious food with wholesome ingredients. You control exactly what goes in — no hidden stabilizers, preservatives, or flavor enhancers necessary.



Cleans like a dream.

Less mess, less stress. All components are dishwasher-safe for quick and easy cleanup.



Quick & easy.

As a parent, you don't have a minute to spare; that's why NutriBullet Baby® only takes seconds. Just add ingredients, blend, and serve. It's really that simple.



Saves money.

Make fresher food at a fraction of the cost! When you buy prepackaged baby food, you're not only paying for the ingredients contained within, you're also paying for the materials, resources and employees required to produce, store, distribute, market and sell the food. When you make your own food, all you need to purchase is the ingredients. The cost is significantly lower and the quality much better. It's a win-win.



Getting started.

The NutriBullet Baby® system is more than just a baby food maker. This Recipe Guide compiles the information new parents and caretakers need and want most into one convenient guide. Features include a food allergy list, a summary of when and how to introduce solid foods, and multiple age-appropriate recipes to guide you through the first two years of your baby's development.

Looking for even more? Browse our collection of NutriBullet Baby® recipes, articles, Q&A, tips and tricks on [NutriBullet.com](https://www.nutribullet.com).

We are here for you and are invested in helping you raise a healthy eater!



What you get.



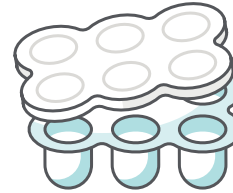
3-piece batch bowl



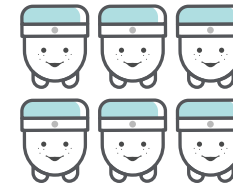
motor base



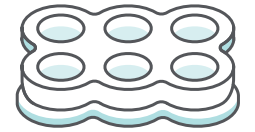
extractor blade



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.

Using the short cup.



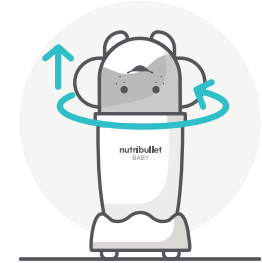
1 Add liquid of choice and completely cooled food to the **short cup**, making sure any skins, cores, pits, or stems have been removed. Do not exceed the MAX line.



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 **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.

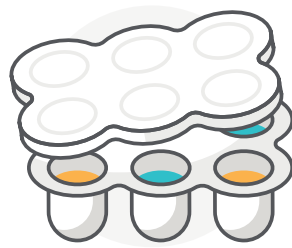
Storage.



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® 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 1-(800) 523-5993.

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® 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



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.

Signs your baby may be ready for Stage 1 include:

- Baby weighs at least 13 pounds 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.

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 its 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 23). 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.

For more food safety tips, please refer to the FDA's Food Safety for Moms-to-Be [11].

 **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 4–6 ounces. 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.

Baby's First Purée!

Purée consistency: thin & smooth enough to run off a spoon

The day has arrived, but how do you choose what will be the very first solid food your baby eats? Don't fret! If you have to, close your eyes and point at this page to choose the first food. The very first "meal" likely won't be more than a spoonful.

Some food ideas for your baby's first meal:

- acorn squash
- apple
- avocado
- banana
- brown rice cereal
- butternut squash
- pear
- carrots
- peas
- sweet potato
- white rice cereal
- yam



Week 1.

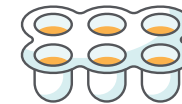
For week one, you will continue to feed your baby one food a day in conjunction with breast milk or formula. After 2 days, make sure you take the servings for day 3 and 4 out of the freezer and place them in the refrigerator to thaw. On day 4, take the servings for day 5 and 6 out of the freezer and place in the refrigerator to thaw.

Making the right amount of food for week 1.

To avoid wasting food, fill 3-4 Date-Dial Storage Cups halfway with the first food and fill the Easy Pop Freezer Tray with the second food. Refrigerate the storage cups and freeze the Freezer Tray, so you'll be ready to go all week!



Flavor #1:
refrigerator



Flavor #2:
freezer

Storage reminder: Fresh food keeps in the refrigerator for 2-3 days per USDA food safety guidelines [12]. Frozen food keeps for about 3 months. Even if the food has changed color or browned, it is still safe to eat if consumed within the recommended timeframe. Immediately freezing purées after preparing helps to reduce browning.

Week 2.

For Week 2, you can offer a third flavor, but stay on the "4-Day Wait" Rule schedule. Start offering a bit more food than in Week 1; we recommend half a NutriBullet Baby[®] serving once a day. Always watch for signs from your baby that let you know mealtime is over.

Moving forward.

Depending on your baby's age at the time of the first meal, you may be looking at 2 servings a day pretty quickly. Follow their lead.



IMPORTANT! Do not save leftovers that have come in contact with a used spoon or utensil. Germs from the spoon can easily contaminate the remaining food. If you don't think your baby will consume the full contents of a storage cup, simply take what you need out of the cup with a clean utensil, reseal the lid, and save the rest for later.



WARNING: Do not fill Freezer Tray more than $\frac{2}{3}$ full to prevent freezer burn and leakage. Make sure all sides of the Freezer Tray Lid are snapped on and sealed to avoid freezer burn.

Feeding baby.

You are officially ready to start introducing purées. Here are a few tips for smooth sailing:

- 1 Offer the first meal at a time when your baby isn't too hungry. First feed your baby with breast milk or formula, but stop short before they are full. Then introduce the purée immediately afterwards or wait up to 2 hours.
- 2 Offer the first meal early in the day (morning or afternoon) in case your baby has a reaction such as gas or colic.
- 3 Offer food at room temperature or slightly warmed (about 98.7°F) Do not heat foods in the microwave, because it creates heat pockets.
- 4 Place a tiny bit of food onto the spoon and put some on your baby's lips. Then place the spoon on the bottom lip and slip the spoon gently into your baby's mouth. This may cause your baby's tongue to push the food back out. If so, use the spoon to scrape the food off the chin area and try putting it in your baby's mouth again. If the tongue keeps pushing the food back out, don't worry.

Never push your baby to eat. If the first meal doesn't go well, try again in a few days.

Ending mealtime

Your baby will show signs that mealtime is over by leaning back in the chair, turning away from food, playing with the spoon, or refusing to open up for the next bite. If there is food left, throw it out. Don't force your baby to continue eating when full. Throw out any leftovers that have come into contact with your baby's mouth or the spoon.

You did it!
Congratulations!





1 ingredient purées.



Banana purée.

MAKES ABOUT 3 OUNCES

Often considered the best solid food to introduce to babies, banana is a tasty, low allergy-risk food.



10 seconds

- 1 **BANANA, MEDIUM, CHOPPED**
- 2 TBSP **BREAST MILK, FORMULA, OR WATER**

- 1 Add ingredients to the short cup. Do not exceed the MAX line.
- 2 Blend to desired consistency.

NUTRITIONIST TIP

Although you may have heard that it's best to introduce your little one to veggies prior to fruits, babies are hardwired to prefer sweet foods and the order of introducing foods is not likely to change this.



Avocado purée.

MAKES ABOUT 4.5 OUNCES

Rich in vitamins, minerals, and healthy monounsaturated fats, creamy avocados are one of nature's great achievements.



15 seconds

- 1 **AVOCADO, SMALL**
- $\frac{1}{4}$ TSP **LEMON JUICE (OPTIONAL, TO HELP PREVENT BROWNING)**
- 3 TBSP **BREAST MILK, FORMULA, OR WATER**

- 1 Add ingredients to the Short Cup. Do not exceed the MAX line.
- 2 Blend to desired consistency.

PRO TIP

Avocado not quite ripe? To speed up the ripening process, place the fruit in a brown paper bag alongside a banana.



Sweet potato purée.

MAKES ABOUT 10 OUNCES

One of these sweet spuds goes a long way, making several servings of baby food at once, which saves you precious time.



15 seconds

- 1 **SWEET POTATO, MEDIUM, PEELED (STEAMED OR BOILED)**
- 3 TBSP **BREAST MILK, FORMULA, OR WATER**

- 1 Add steamed and thoroughly cooled sweet potato and liquid to the Batchbowl. Do not exceed the MAX line.
- 2 Blend to desired consistency.

PRO TIP

Avoid storing uncooked sweet potatoes in the refrigerator. Instead, store them in a cool, dry, well-ventilated container.



Pear purée.

MAKES ABOUT 3 OUNCES

Introduce your little foodie to pears! From Anjou to Bartlett to Bosc varieties, pears are an excellent source of vitamin C and fiber. Their sweet taste also makes them a likely hit with tiny taste buds.



12 minutes

- | | | |
|--------|--|---|
| 1 | PEAR, MEDIUM, CHOPPED (STEAMED) | 1 Add steamed and thoroughly cooled pear and liquid to the Short Cup. Do not exceed the MAX line. |
| 2 TBSP | BREAST MILK, FORMULA, OR WATER | 2 Blend to desired consistency. |



Always assure that any cooked or steamed ingredient has thoroughly cooled before blending in the sealed small cup and Extractor Blade!

NUTRITIONIST TIP

If you're tight on time (or energy!), drained canned pears are a nice alternative to steamed and cooled fresh ones. Just make sure to choose an unsweetened, additive-free variety.



Brown rice cereal.

MAKES ABOUT 12 OUNCES

Cereal is a classic introductory food for babies. We like using brown rice since it's a whole grain and a natural source of fiber.



20 minutes

- | | | |
|---------------------|---------------------------------------|--|
| $\frac{1}{2}$ CUP | BROWN RICE, UNCOOKED | 1 Add $\frac{1}{2}$ cup of uncooked brown rice to the Batchbowl and blend for 45 seconds to a fine powder. |
| $1\frac{1}{2}$ CUPS | BREAST MILK, FORMULA, OR WATER | 2 Add the milled brown rice and $1\frac{1}{2}$ cups of breast milk, formula, or water to a pot and stir. |

NUTRITIONIST TIP

Milled brown rice cereal is a great first food. It also combines well with other fruit and veggie purées (refer to page 42 for Green Bean & Rice Purée).



Always allow food to cool before feeding baby.

- | | |
|---|--|
| 3 | Bring pot to a boil and reduce to a simmer (low heat) for 15 minutes. |
| 4 | Test the consistency of the brown rice cereal. To make thinner, add more liquid. |



Combo purées.

To add more nutrition (and sophistication) to your baby's meal, mix a second ingredient into your baby's fruit or veggie purées. Feel free to combine any foods you know your baby tolerates. Always use the "4-Day Wait" rule when introducing new foods.



Pear & oatmeal purée.

MAKES ABOUT 8 OUNCES

Mild and comforting oatmeal combines well with a variety of fruit and vegetable purées.



60 seconds

- 1 CUP **PEAR, STEAMED, PEELED AND DESTEMMED, COOLED**
- ½ CUP **OATMEAL, COOKED AND COOLED**
- 2 TBSP **BREAST MILK, FORMULA, OR WATER**

- 1 Add steamed and thoroughly cooled pear, ¼ cup oats, and 2 Tbsp breast milk, prepared formula, or water to Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined then add remaining ¼ cup oats.
- 3 Blend for another 30 seconds until consistency is even.

NUTRITIONIST TIP

Pediatricians may recommend adding small amounts of tofu, plain yogurt, and cottage cheese into your baby's diet around the 7-month or 8-month mark. Check with your pediatrician to decide whether or not these foods will work for your little one. As with all new foods, follow the "4-Day Wait" rule.



Green bean & rice purée.

MAKES ABOUT 6.5 OUNCES

Combine green beans and brown rice for a classic dish babies love.



60 seconds

- ½ CUP **GREEN BEANS (STEAMED/BOILED, COOLED)**
- 1 CUP **BROWN RICE, COOKED**
- ¼ CUP **BREAST MILK, FORMULA, OR WATER**

- 1 Add thoroughly cooled ingredients to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to desired consistency.



Always allow food to cool before feeding baby.

NUTRITIONIST TIP

As your baby develops, you can start creating purees with a bit more texture. To get the right consistency, simply add a bit less liquid and "pulse" a few times by pushing straight down on the cup and releasing immediately. If the new texture is not appreciated, just blend with more liquid to make it thinner and smoother.



Strawberry & banana purée.

MAKES ABOUT 4 OUNCES

Strawberry and banana are as iconic a duo as peas and carrots.



20 seconds

- 1 **BANANA, MEDIUM, CHOPPED**
- 2 **STRAWBERRIES, HALVED**

- 1 Add ingredients to the Batchbowl. Do not exceed the MAX line.
- 2 Blend to desired consistency.

NUTRITIONIST TIP

Peel and chop your overripe bananas and store them in a reusable freezer bag. They make a great addition to adult smoothies and can be defrosted for later use in baby food.



Avocado & pea purée.

MAKES ABOUT 5 OUNCES

Your baby will soon say “please” to avocado & peas. Surprisingly, ½ cup of cooked peas contains 4 grams of plant protein!



20 seconds

- ¼ AVOCADO, PEELED AND PITTED
- ½ CUP GREEN PEAS, STEAMED AND COOLED
- ½ CUP BREAST MILK, FORMULA, OR WATER

- 1 Add thoroughly cooled ingredients to the Short Cup. Do not exceed the MAX line.
- 2 Blend to desired consistency.

PRO TIP

Thoroughly wash fresh fruits and vegetables (including those with peels!) under clean, running water. Always wash and dry avocados before slicing.



Always assure that any cooked or steamed ingredient has thoroughly cooled before blending in the sealed small cup and Extractor Blade!



Always allow food to cool before feeding baby.



Sweet potato & carrot purée.

MAKES ABOUT 8.5 OUNCES

A top contender for one of the most popular veggie purees among babies, both carrots and sweet potatoes provide the vitamin A needed for healthy skin, healthy tissues, and good vision.



60 seconds

- ½ CUP SWEET POTATO, MEDIUM, PEELED (STEAMED/BOILED AND COOLED)
- ½ CUP CARROT, PEELED (STEAMED/ BOILED AND COOLED)
- ½ CUP BREAST MILK, FORMULA, OR WATER

- 1 Add thoroughly cooled ingredients to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to reach a smooth consistency.

NUTRITIONIST TIP

It's important for babies to benefit from a rainbow of foods on their plates. For example, orange, green, and red foods all offer unique healthy compounds that are good for growing minds and bodies.



Stage 2.

**Tasty textures
9-12 months**

**Easily adjusts to make thicker
blends for your baby's next stage
of feeding.**

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 2 means it's time to thicken things up a bit.

Start slow by adding well-cooked rice, oatmeal, or tiny pasta bits into purées for an added bit of texture. Once your baby gets used to these thicker foods, you can get creative with your flavor combinations to help develop a mature palate.

This stage also calls for the introduction of heartier foods like chicken, red meat, and shredded cheese. Now that your baby has a much longer list of flavors to choose from, it's a great idea to make large batches of single-ingredient purées in advance (see batch preparation on page 17). That way, when a recipe calls for something like chicken, you can just toss in a thawed serving — no extra cooking required. It will save you an incredible amount of preparation time which allows you to be creative without spending too much time in the kitchen.

Finally, stage 2 is a wonderful and fun time to start introducing finger foods such as cereal, tiny bits of fruit, and minced cooked vegetables.

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





Berry chia spread.

with optional toast or mixed with yogurt for a parfait

MAKES ABOUT 3 OUNCES

Chia jam is delicious way to give your little one the goodness of berries and omega-3 fatty acids without any added sugar.



30 seconds

- 1/4 CUP BLUEBERRIES
- 2 STRAWBERRIES, SMALL, HALVED
- 1 TBSP CHIA SEEDS

- 1 Add berries, strawberries, then chia seeds to the Short Cup. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined.

NUTRITIONIST TIP

This is a good time to encourage self-feeding for your baby. When to do so will vary for each little one, but the general recommendation is to introduce this practice once your baby can sit upright and bring hands and other objects to the mouth. Provide your baby with a spoon at mealtime or prepare bits of easily 'pinch-able' foods to facilitate self-feeding.



Chicken, brown rice, & carrot soup.

MAKES ABOUT 8 OUNCES

Purée a small portion of this well-rounded meal for your baby and serve the solid mixture to the rest of the family!



60 seconds

- 1/4 CUP CARROT (STEAMED OR BOILED)
* use extra sweet potato & carrot puree if you have it
- 1/4 CUP CHICKEN, COOKED AND SHREDDED
- 1/4 CUP BROWN RICE, COOKED
- 1/2 CUP VEGETABLE BROTH, UNSALTED

- 1 Add liquid first then add completely cooled down carrot, chicken and rice to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to desired consistency.

PRO TIP

Use a meat thermometer to cook all poultry to an internal temperature of at least 165°F to kill any bacteria that



Butternut squash & lentil soup.

MAKES ABOUT 9 OUNCES

Legumes, like lentils, are packed with beneficial nutrients like plant-based protein, fiber, vitamins, minerals, and phytochemicals. Paired with nutrient-rich butternut squash, this meal is a nutritional powerhouse.



60 seconds

- ½ CUP BUTTERNUT SQUASH, CUBED (STEAMED OR BOILED)**
- ½ CUP LENTILS, COOKED, COOLED**
- ½ CUP VEGETABLE BROTH, UNSALTED**

- 1** Add liquid first, then add thoroughly cooled squash and lentils to the Batchbowl. Do not exceed the MAX line.
- 2** Blend for 30 seconds until combined, then stir.
- 3** Blend for another 30 seconds to desired consistency.

NUTRITIONIST TIP

At this stage, thicker purees are better for your baby. But if he or she is having a hard time swallowing the thicker food—or keeps pushing the food out—stick with a thinner puree and try again the following week.



Spinach & potato soup.

MAKES ABOUT 15 OUNCES

Spinach, a well-known superfood, is paired with the humble potato in this nourishing dish.



60 seconds

- ½ CUP **SPINACH, COOKED**
- 1 CUP **POTATO (STEAMED OR BOILED), PEELED**
- 1½ CUP **VEGETABLE BROTH, UNSALTED**

- 1 Add liquid first then add thoroughly cooled potato and spinach to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to desired consistency.

NUTRITIONIST TIP

All fresh foods should be cooked with no added salt or seasoning during these early stages. Since processed foods tend to be higher in salt and contain other preservatives, homemade meals are recommended.



Kid-friendly bean spread.

with optional toast

MAKES ABOUT 8 OUNCES

Hummus is a go-to snack for grown-ups, so why not give a simple variation to your baby? Made with fiber-filled beans and healthy fats, there's a lot to love about this spin on black bean hummus.



60 seconds

- 1 **15-OZ CAN OF BLACK BEANS, NO SALT ADDED, RINSED & DRAINED**
- 2 TBSP **OLIVE OIL**
- 1 TBSP **LEMON JUICE**

- 1 Add beans, olive oil and lemon juice to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to desired consistency.

NUTRITIONIST TIP

Baby-led weaning is an alternative to spoon-feeding. When babies feed themselves, it is thought to bolster confidence and discourage picky eating habits. Just be patient if most of the food doesn't make its way into your baby's mouth. Rome wasn't built in a day.



Stage 3.

Mini-meals | 1 year +

This stage incorporates small bits of fruit and veggies into the mix, helping your baby transition to chewing whole foods.

What a difference a year makes!

At this point of development, your baby's eating habits are becoming more like an adult's. Your baby will likely be self-feeding with fingers and utensils and growing more vocal about likes and dislikes.

At this stage, it's as important as ever to serve your baby a variety of flavors and textures; what you introduce now will set the foundation for future eating habits. Encourage experimentation by consistently serving a wide variety of options from each food group. Even if servings go untouched, your baby will grow familiar with the food you prepare and more likely to actually eat it in the future.

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.





Peachy keen yogurt smoothie.

MAKES ABOUT 10 OUNCES

Smoothies—like this classic one—are a wonderful vehicle for nutrient-rich fruits and veggies.



60 seconds

- ½ CUP **YOGURT, PLAIN**
- ½ CUP **PEACH, PEELED, PITTED, CHOPPED**
- ½ **BANANA, CHOPPED**
- 2 TBSP **BREAST MILK, PREPARED FORMULA, OR WATER**

- 1 Add yogurt, peach, banana and liquid to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds until combined, then stir.
- 3 Blend for another 30 seconds to desired consistency.

NOTE: for thinner puree add 1 tbsp of liquid at a time until you reach desired consistency.

NUTRITIONIST TIP

You can use any fruit combination you like in a NutriBullet Baby® smoothie, so add a serving of any fruit you have stashed in the freezer.

PRO TIP

If your baby doesn't seem to tolerate dairy, swap out plain yogurt for a dairy-free alternative.

Cauliflower mac & cheese.

MAKES 15 OUNCES

Macaroni and cheese will inevitably become one of your child's favorite foods, so why not embrace it? Infuse your mac and cheese with some puréed cauliflower to give it a nutritional boost.



20 minutes

CAULIFLOWER PURÉE:

¼ CAULIFLOWER FLORETS, BOILED/ STEAMED & COOLED

2 TBSP MILK

ADDITIONAL INGREDIENTS:

1 CUP CHEDDAR CHEESE

¼ CUP RICOTTA CHEESE

2 TBSP BUTTER, SOFTENED

3 TBSP MILK

1 ½ CUP MACARONI NOODLES, WHOLE GRAIN, COOKED AND COOLED

Use star-shaped noodles for additional fun!

¼ CUP SPINACH, FINELY CHOPPED (OPTIONAL)

PRO TIP

Make extra cauliflower puree for a delicious alternative to mashed potatoes your whole family will love.

1 Add thoroughly cooled cauliflower purée ingredients to the batchbowl. Puree until smooth.

2 Add additional ingredients to the batchbowl (except the noodles) and blend until smooth.

3 Pour the cheese mixture into a saucepan over medium heat, stirring gently until melted and warm throughout.

4 Toss in cooked macaroni noodles and stir until sauce is evenly distributed. Fold in spinach if desired.

NUTRITIONIST TIP

Cruciferous veggies like cauliflower pack a serious inflammation-fighting punch. Include others, such as broccoli, Brussels sprouts, and kale in your baby's diet, too.



Always allow food to cool before feeding baby.





Veggie omelet.

MAKES 3 SERVINGS

Classic scrambled eggs just got a little more nutritious thanks to the addition of a bunch of yummy veggies. Egg dishes like this one make a tasty meal for breakfast, lunch, or dinner that the whole family will love.



10 minutes

1/4	CARROT, MEDIUM, BOILED/STEAMED
1/4	ZUCCHINI, MEDIUM, BOILED/STEAMED
4	CHERRY TOMATOES
3	EGGS, LARGE
1/4 CUP	CHEDDAR CHEESE, SHREDDED
2 TSP	EXTRA VIRGIN OLIVE OIL

- 1 Add vegetables and eggs to the Batchbowl and blend until smooth.
- 2 Warm olive oil in a medium-sized skillet over medium heat.
- 3 Pour the egg mixture into the skillet and top with shredded cheese. Allow the egg mixture to cook, tilting pan and gently moving cooked portions as needed.
- 4 When top surface of eggs is thickened and no visible liquid egg remains, fold the omelet in half with spatula.
- 5 Ensure it is cool to the touch and then serve. Store any leftovers in the fridge for an easy meal tomorrow.

NUTRITIONIST TIP

In the world of nutrition, eggs are considered a perfect protein as they contain all the non-essential and essential amino acids your body needs.

PRO TIP

Feel free to use whatever veggies you have on hand. Swap out zucchini for broccoli, for example.

4-ingredient banana pancakes.

MAKES 2 MEDIUM PANCAKES OR 3 MINI PANCAKES

Stack the breakfast table with a batch of these easy-peasy 4-ingredient flapjacks. This is a great recipe to double or triple and make in the Batchbowl if you're feeding the whole family.



13 minutes

- 1 BANANA, SMALL, CHOPPED
- 1 EGG, LARGE
- ¼ CUP WHOLE ROLLED OATS
- ⅛ TSP CINNAMON
- 1 TBSP BUTTER

PRO TIP

Put any leftover pancakes in an airtight, reusable bag and store in the freezer. Simply toss frozen pancakes in the toaster to thaw and reheat when you're in a pinch for an easy breakfast.

- 1 Put all of the ingredients into the Small Cup (except the butter) and blend until smooth.
- 2 Warm the butter in a skillet or griddle on medium heat.
- 3 Pour the pancake batter into the skillet, and flip pancakes after bubbles rise to surface and bottoms brown.
- 4 Continue to cook until the second side is golden brown.
- 5 Ensure that the pancake is cool to touch and then serve.

NUTRITIONIST TIP

One of the best ways you can foster a healthy eater is to be a healthy role model. Prioritize family meals by turning off the TV and smart phones and showing your little ones how much you enjoy eating healthy foods.





Recipes for mama.

After 40 weeks of carrying around such precious cargo, your work is only beginning! These next few recipes are made with mamas in mind, containing nutritious, delicious foods that will keep you nourished and energized while caring for your new addition.

Nutrition-rich smoothie.

MAKES 24 OUNCES

Chocolate and peanut butter. Nutritious and delicious.
This one's for you, mama.



60 seconds

- ½ AVOCADO, MEDIUM
- 1 BANANA, CHOPPED
- 1 CUP ALMOND MILK
- 2 TBSP UNSWEETENED CACAO POWDER
- 2 TBSP PEANUT BUTTER
- 1 TSP MAPLE OR AGAVE (OPTIONAL)
- ½ CUP ICE

- 1 Add all ingredients (except ice) to the Batchbowl.
- 2 Blend for 45 seconds.
- 3 Add ice, then blend for another 15 seconds until you reach desired consistency.

NOTE: for a thinner smoothie, add more liquid or ice. Do not exceed the MAX line.

NUTRITIONIST TIP

When nursing, your body's working overtime, needing about 500 extra calories per day to provide important nourishment for your growing baby.





Lactation energy bites.

MAKES 16 OUNCES / 16-1 OUNCE BITES

Made with galactagogues—foods said to increase milk supply such as oats, nuts and seeds—these energy bites are good for multitasking moms.



Prep 5 mins, chill 1 hour

- 1 CUP **ROLLED OATS**
- ½ CUP **FLAX SEEDS, GROUND**
- 1 CUP **PEANUT BUTTER (OPTION TO USE ANY NUT BUTTER)**
- ¼ CUP **MAPLE SYRUP OR AGAVE**
- 1 TSP **VANILLA EXTRACT**
- ½ CUP **DARK CHOCOLATE CHIPS**

NUTRITIONIST TIP

Snacks with both protein and fiber can help stabilize blood sugar (even when everything else may feel a bit out of control).

- 1 Pulse oats and seeds for 30 seconds in the Batchbowl resulting in a coarse and fine consistency.
- 2 In a medium bowl, add all ingredients except chocolate chips.
- 3 Mix and combine ingredients together.
- 4 Once combined, add chocolate chips and mix again.
- 5 Roll into bite-sized balls, roughly 1-inch in diameter.
- 6 Place bites on a baking tray or pan and chill in the fridge for 1 hour.
- 7 Transfer to an airtight container once hardened.

Hydrating strawberry cucumber cooler.

MAKES ABOUT 10 OUNCES

Staying hydrated is necessary for everyone, but it's especially important for nursing moms. Sip on this refreshing beverage as a break from plain H²O.



45 seconds

- 3 **STRAWBERRIES**
- ½ CUP **CUCUMBER, CHOPPED**
- 4 **MINT LEAVES**
- ½ CUP **COCONUT WATER**
- ½ CUP **ICE**

- 1 Add all ingredients (except ice) to the Batchbowl. Do not exceed the MAX line.
- 2 Blend for 30 seconds.
- 3 Add ice, then blend for another 15 seconds.

NUTRITIONIST TIP

While plain water certainly does the trick in keeping you hydrated, it can be a little, well, plain. Smoothies, fruit and herb-infused water, and seltzer splashed with 100% fruit juice are all fun options that help to beat beverage boredom.



NutriBullet Baby®

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