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Thinning baby purees using water or cow's milk / plant-based milk. Using cow's milk or plant-based milk in cooking is absolutely fine for babies over 6 months, just don't substitute their usual milk (breast milk or formula) for any of these varieties until they are at least 1 year old.

*Top tips for thinning baby purees / Annabel Karmel*

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Top 100 Baby Purees by Annabel Karmel, 9780091904999, available at Book Depository with free delivery worldwide.

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That's exactly what I loved about Top 100 Baby Purees by Annabel Karmel so I thought I would share it. The book is called Top 100 Baby Purees and gives you a hundred quick and easy meals for a happy, healthy baby. I purchased my copy from Amazon and I haven't looked back.

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nine months, many babies are ready and eager to start feeding themselves.

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