

Stone and his wife, Lindsay Price, love family meals.

grab a spoon!

CELEBRITY CHEF CURTIS STONE whips up baby-friendly versions of comfort food for his 2-year-old son, Hudson. Treat your cutie to the duo below.

Blueberry Muesli

(AGES 8 MONTHS AND UP)

MAKES 5 ½-CUP SERVINGS

The sweet-tart fruit—now in peak season—is loaded with antioxidants, while yogurt provides probiotics.

INGREDIENTS

- 1 cup old-fashioned rolled oats
 - 1 cup plain yogurt
 - ½ cup 100% apple juice
 - ½ teaspoon ground cinnamon
 - 1 cup fresh organic blueberries
 - 2 tablespoons water, breast milk or formula
1. Using a food processor, finely grind the oats. Transfer to a bowl, then mix in the yogurt, apple juice and cinnamon. Cover and refrigerate muesli overnight.
 2. In a food processor, blend blueberries with water, milk or formula until the purée reaches a smooth consistency.
 3. Spoon some chilled muesli into a small bowl. Swirl the blueberry purée into the muesli and serve. Keep extra portions in the fridge for later in the week.

Lentil-Veggie Soup

(AGES 8 MONTHS AND UP)

MAKES 6 ½-CUP SERVINGS

With fresh tomatoes and legumes, this medley offers vitamin C and protein.

INGREDIENTS

- 4 cups water
 - 1 cup dried brown lentils
 - 2 Roma tomatoes, diced
 - 1 medium carrot, peeled and diced
 - 1 ½ ounces (about 2 cups) fresh baby spinach
 - 12 fresh basil leaves
 - 1 tablespoon extra virgin olive oil
1. In a medium heavy saucepan, combine water, lentils, tomatoes and carrot. Bring to a boil over high heat, then reduce the heat to medium-low and simmer gently for about 20 minutes, or until the lentils and vegetables are very tender. Turn off the heat and stir in spinach, basil and olive oil.
 2. Transfer the mixture to a blender and purée to a slightly chunky texture, adding water to thin the soup, if desired.

• You can save extra portions of soup in ice cube trays; pop squares in a storage bag and stow them in the freezer for 6 to 8 months. Warm a portion in the microwave for just 10 seconds, then stir and check the temp. For a complete guide to homemade baby food, visit fitpregnancy.com/junejuly2014.