

FOODS

Zucchini for Babies: Mild and Easy to Digest First Vegetable

Zucchini is a mild, easy-to-digest first vegetable for babies from 6 months. Get simple steaming and pureeing instructions, plus fun finger food ideas for older babies.

Frequently Asked Questions

When can babies eat zucchini?

Zucchini can be introduced around 6 months when your baby shows signs of readiness for solids. Its soft texture once cooked makes it an easy, gentle first vegetable.

Do I need to peel zucchini for babies?

Peeling is optional. The skin is thin and softens with cooking, and it adds fiber and nutrients. You may peel it for very smooth early purees, but it is not required.

Can babies eat raw zucchini?

It is best to cook zucchini for babies until soft. While zucchini is softer than many vegetables, cooking makes it safer and easier to chew or gum for little ones.

Is zucchini a common allergen?

Zucchini is not a common allergen, though any food can rarely cause a reaction. Introduce it on its own and watch your baby for a couple of days.

Why is my zucchini puree watery?

Zucchini has a high water content, so puree can turn out thin. Drain off excess liquid, or blend it with starchier foods like sweet potato to thicken the texture.

How do I store cooked zucchini for baby?

Refrigerate cooked zucchini in a sealed container for up to 3 days, or freeze puree in ice-cube trays for up to 3 months. Reheat thoroughly and cool before serving.