

# Avocado and basil puree

4-6 months

12 portions

Prep 5mins

Cook 5mins

## Ingredients:

- 200g frozen peas
- 1/2 avocado
- 10 leaves fresh basil
- 50ml water

## Method:

1. Boil the peas for 5 minutes, drain (retaining 50ml cooking water) and rinse with cold water in a sieve to cool.
2. Place the cooked peas, avocado flesh + basil in a bowl and blend until super smooth.

# Aubergine, Pepper + Sweet Potato puree recipe

4-6 months

10 portions

Prep 5mins

Cook 20mins

## Ingredients:

- Aubergine, cut into cubes
- 1/2 small Red Pepper, deseeded + chopped
- Spray oil
- 1 Sweet Potato (around 250g/9oz), peeled + cubed
- Babys usual milk

## Method:

1. Put the aubergine and pepper in a roasting tin and add a little spray oil
2. Cover with foil and roast at 200C (180C fan) for 15-20 minutes.

3. Meanwhile, boil the sweet potato in a pan for 15 minutes until tender.
4. Combine the aubergine pepper and sweet potato in a blender and blitz until pureed or a fine mash texture, depending on your little one.
5. Add your baby's usual milk and blend until you have a super smooth texture for your little one.

# Butternut Squash, Broccoli + Courgette puree

4-6 months

10 portions

Prep 10mins

Cook 10mins

## Ingredients:

- 1/2 butternut squash, peeled, deseeded + cubed
- 1 courgette, diced
- 1/2 small head broccoli, cut into small florets

## Method:

1. Place the squash in a saucepan, cover with water and bring to the boil, then reduce the heat, cover and simmer for 10 minutes.
2. Add the broccoli + courgette and cook under a medium heat for 7-8 minutes more until everything is soft + tender.

Drain.

3. Purée the vegetables in a food processor, or use a hand blender, until the mixture is smooth.
4. For a super smooth puree, pass it through a sieve after blending.

# Butternut Squash, Sweetcorn + Peas

## Puree

4-6 month

21 portions

Prep 10mins

Cook 15mins

### Ingredients:

- ½ butternut squash (about 400 g/14 oz), peeled, deseeded + cubed
- 60 g/2¼ oz frozen peas
- 100 g/3½ oz no-salt + no-sugar canned sweetcorn, drained

### Method:

1. Steam or boil the butternut squash in a saucepan over a medium heat for 10 minutes until almost cooked.
2. Add the peas + sweetcorn + cook for 5 minutes more until everything is tender. In a food processor or using a hand blender, purée with 5 tablespoons boiled water until smooth.

# Brussels Sprouts Puree

4-6 months

30 portions

Prep 5mins

Cook 15mins

## Ingredients:

- 150g / 5½ oz Brussels sprouts

## Method:

1. Cut off the base of the sprouts and remove the outer leaves.
2. Cut the sprouts in halves or quarters and steam over a medium heat for about 10–12 minutes until very tender (steaming is best as boiled sprouts can taste bitter).
3. Purée the sprouts with 4–5 tablespoons of boiled water in a food processor, or using a hand blender, until smooth.

# Carrot Puree recipe

4-6months

5 portions

Prep 5mins

Cook 10mins

## Ingredients:

- 3 carrots (about 250 g/9 oz), peeled and halved lengthways

## Method:

1. Slice the carrots into half-moon shapes, 5 mm/ $\frac{1}{4}$  in thick. Steam or boil the carrots in a saucepan over a medium heat for 10–12 minutes until completely tender.
2. Purée the carrots with 3–4 tablespoons of boiled water in a food processor, or using a hand blender, until completely smooth.



# Broccoli puree recipe

4-6 months

3 portions

Prep 5mins

Cook 10mins

## Ingredients:

- ½ small head broccoli (about 130 g/4½ oz), cut into small florets

## Method:

1. Steam or boil the broccoli in a saucepan over a medium heat for 8 minutes until very tender.
2. Adding 2–3 tablespoons boiled water, purée the broccoli in a food processor, or using a hand blender, until smooth.

