

pureed BANANA

baby food recipe



Tools

Food processor or blender or fork, mixing bowl, freezer storage trays, zip-lock bags

Ingredients

1 Banana

Method

Wash banana with some water and vinegar or salt solution. Rinse with water, let it dry and peel.

Puree with your food processor or blender or mash in bowl with a fork until smooth. Add some breast milk or formula.

Storage

Keep refrigerated in storage trays placed inside zip-lock bags.