

pureed APPLE

baby food recipe



Tools

Saucepan (medium-size), peeler, blender, storage trays, zip-lock bags

Ingredients

5 or 6 apples plus other ingredients (read our blog for more details)

Method

Wash apples well with some water and vinegar solution. Peel them, remove their cores and chop them into smaller chunks. Boil them in the saucepan till their soft. Blend them into a smooth puree with your blender (remember to add some water to get the thickness you want). You can add other ingredients for variety at this point.

Storage

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