

pureed APRICOT

baby food recipe



Tools

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

Ingredients

A pound of apricots (plus any of these ingredients: bananas, sweet potatoes, apples, oatmeal and pears if you prefer)

Method

Wash apricots well, rinse them and let them dry. Boil apricots to soften skin so you can peel them with a knife. Slice the apricots in half (in a lengthwise way) up to the pit. Pry the two halves apart and remove pit. Chunk them up and blend them into a smooth puree in your blender with other ingredients (remember to add some water to get the thickness you want).

Storage

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