

pureed AVOCADO

baby food recipe



Tools

Knife, spoon, blender, storage trays, zip-lock bags

Ingredients

One avocado, some breast milk or formula or bananas.

Method

Wash avocado well with cold water and dry it. Slice it into two halves and remove the pit (you can use a spoon to get it out). Scoop out the flesh from the skin with a spoon into your blender and puree with some water and other ingredients.

Storage

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