

# pureed CARROT

## baby food recipe



### Tools

*Steamer, blender, veggie peeler, storage trays, zip-lock bags*

### Ingredients

*A medium-sized carrot, some breast milk or formula or a bit of veggies, fruits or meat (read blog for details).*

### Method

*Wash carrots well with some cold water, peel them and chop them up. Steam chopped carrots till they're soft. Now puree them in a blender with any of the other ingredients above till they're very smooth, adding water for desired thickness.*

### Storage

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