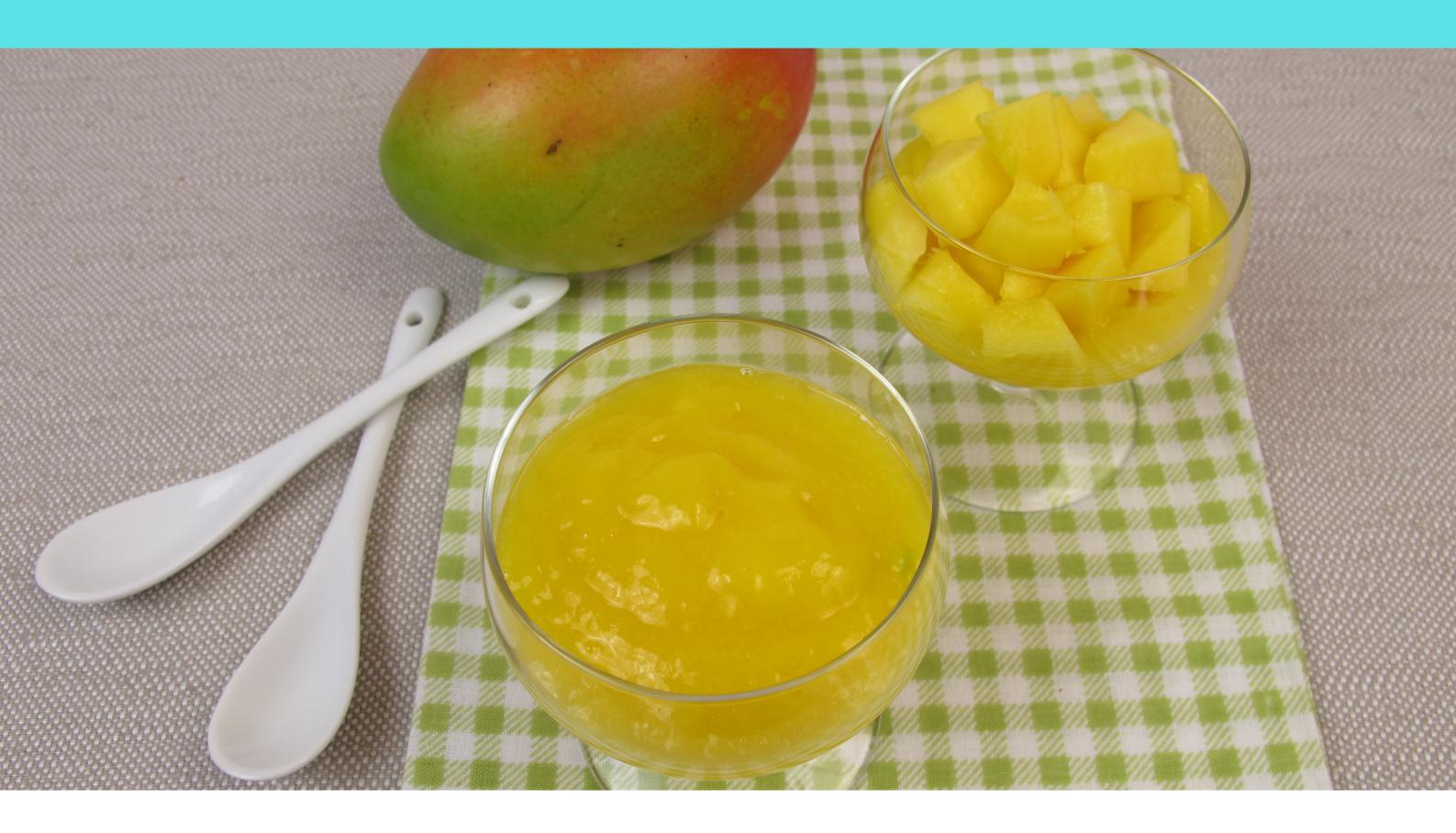


# pureed MANGO baby food recipe



### Tools

Peeler, knife, blender, storage trays, zip-lock bags

## Ingredients

One mango plus other ingredients (read our blog for more details)

### Method

Wash mango well with some water and vinegar solution and dry it.

Peel it and slice the flesh into smaller cubes or chunks.
Blend the chunks 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 refrigrated in storage trays placed inside zip-lock bags.