

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 refrigerated in storage trays placed inside zip-lock bags.