

pureed PEAR

baby food recipe



Tools

Blender, saucepan, peeler, knife, storage trays, zip-lock bags

Ingredients

1 or 2 pears plus other ingredients (read our blog for more details)

Method

Wash pears with water and vinegar solution. Rinse, dry and peel them. Slice them into 2 halves (lengthwise) using a knife and remove their core. Chunk up the two halves and boil for awhile if fruit is hard. If not just go ahead and blend chunks into a smooth puree (remember to add water for desired thickness when blending).

Storage

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