

pureed PEA

baby food recipe



Tools

Steamer, food processor or blender, storage trays, zip-lock bags

Ingredients

A few cups of peas (fresh or frozen), a half-cup of breast milk or formula or (yoghurt, sweet potatoes, carrots, etc.)

Method

Rinse fresh peas with cold water (no need to wash if they are frozen). Steam them in steamer till they soften up. Drain peas, rinse them and puree with a bit of water to get desired thickness. Add breast milk or formula, etc. to make it creamy.

Storage

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