

pureed SWEET POTATO

baby food recipe



Tools

Blender, baking tray, baking paper, fork, peeler, storage trays, zip-lock bags

Ingredients

1 or 2 medium-sized sweet potatoes plus other ingredients (read our blog for more details)

Method

Wash sweet potatoes with water and vinegar solution, rinse and dry them. Preheat your oven to 400F and line your baking tray with some baking paper. Pierce your potatoes all over with a fork, put them in the baking tray and bake for 45 minutes max or until skin is wrinkled. Peel the potatoes and blend adding breast milk or formula for desired thickness.

Storage

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