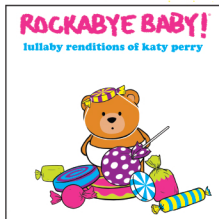


Swish Squash

For Babies 6 Months & Up ★ Yields 36 Tablespoons

INGREDIENTS:

- ★ 1 15oz can 100% pure pumpkin puree
- ★ 1 medium sweet potato/yam – 7 to 8oz
- ★ 1 pinch pumpkin pie spice (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Katy Perry

DIRECTIONS:

- Trim ends of sweet potato and pierce with a fork a few times all over.
- Place flat in a pan with 1" water and cover. Gently boil for 20 to 25 minutes until fork can be easily inserted. Allow to cool completely.
- Peel and cut the sweet potato into 1/2 inch cubes.
- Add pumpkin puree, cooked sweet potato, and spice (optional) to blender, adding cooking liquid as needed.
- Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

www.rockabyebabymusic.com

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