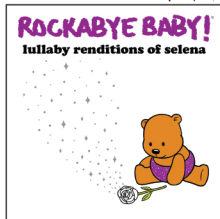


Bidi Bidi Batata

For Babies 6 Months & Up ★ Yields 48 Tablespoons

INGREDIENTS:

- ★ 1 large sweet potato (16 oz)
- ★ 2 medium carrots (6 oz)
- ★ Water
- ★ Pinch of cinnamon (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Selena

DIRECTIONS:

- Peel and cut sweet potato and carrots into 1/2 inch cubes. Add to a medium pot and cover with water.
- Bring the water to a boil then reduce to simmer and cover. Simmer sweet potato and carrots for 10-15 minutes until soft.
- Remove sweet potato and carrots from pot and place into blender with cinnamon (optional). Purée, adding cooking liquid from pot for desired consistency.
- Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

www.rockabyebabymusic.com

Recipe created by Carly van Daalen Wetters

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