

Rice with Apple and Butternut Squash Purée – (4)6 months+

Ingredients:

- 1 squash – acorn, butternut or other winter squash
- 1 or 2 cups cooked brown rice
- 1/2 cup applesauce

Directions:

Step 1: Cut acorn or butternut squash in half, scoop out seeds

Step 2: Place halves face down in a pan and cover with an inch of water

Step 3: Bake in a 400 degree oven for 40 minutes or until the “shell/skin” puckers and halves feel soft then scoop squash “meat” out of the shell

Step 4: Place squash “meat” into your choice of appliance for pureeing

Step 5: Add cooked rice and applesauce and blend

Step 6: Add water as necessary to achieve a smooth, thin consistency

Baby’s Acorn Squash & Apple Bake – 6-8 months+

Ingredients:

- 1 acorn squash
- 2 or 3 Macintosh apples
- pinch of [cinnamon](#)

Directions:

Step 1: Peel and dice apples

Step 2: Cut acorn or butternut squash in half, scoop out seeds

Step 3: Place halves face UP in a pan and add with an inch of water to the pan

Step 4: Place diced apples in the squash “holes” where the seeds were

Step 5: Sprinkle with cinnamon if desired

Step 6: Pour water over the apples so that there is water in the squash holes – cover pan with tinfoil

Step 7: Bake in a 400 degree oven for 40 minutes or until the “shell/skin” puckers and halves feel soft then scoop squash “meat” and apples out of the shell

Step 8: Puree as needed, adding water to thin if required. You may also chop or dice and serve as a finger food meal.

Banana, Peach and Strawberry

- 1 small banana, peeled and skinned
- 1 ripe peach, skinned and stoned
- 2 strawberries, hulled and quartered

Butternut Squash, Carrot & Sweetcorn Puree

- 300 g butternut squash, peeled & chopped
- 1 medium carrot (approx. 75g), sliced
- 40 g sweetcorn, frozen or tinned

Sweet Potato, Pear & Broccoli

- 15 g butter
- 150 g leek, chopped
- 250 g sweet potato, diced
- 150 g butternut squash, diced
- 200 g pear, peeled & sliced
- 500 g water
- 80 g broccoli, chopped
- 100 g milk
- 50 g parmesan, grated
- Melt the butter in a saucepan. Add the leek, sweet potato, squash and pear. Gently sauté over the heat for 4 – 5 minutes. Add the water.
- Cover with a lid, then bring up to the boil and let it simmer for about 20 minutes until tender.
- Add the broccoli, cover and simmer for another 8 minutes until soft.
- Add the milk, then blend until smooth or your desired consistency using a hand blender. Stir in the cheese.

Banana, Peach & Strawberry Puree

- 1 small ripe banana, peeled & sliced
- 1 small rip peach, skinned, stoned & chopped
- 2 strawberries, hulled & quartered
- Put the fruit into a saucepan and cook for 2 minutes.
- Puree using an electric hand blender.

Peach, Apple & Strawberry

- 1 large apple, peeled, cored and chopped
- 1 large peach, peeled, stoned and chopped
- 75 g strawberries, halved
- 1 tbsp baby rice
- Steam the apple for about 4 minutes.
- Add the peach and strawberries to the steamer and continue to cook for about 3 minutes.
- Blend the fruits to a smooth puree and stir in the baby rice.

Carrot, Apple & Sweet Potato

- 225 g peeled carrots, sliced
- 100 g peeled apple, diced
- 350 g peeled sweet potato, diced
- 500 ml water
- Put the vegetables and apple into a saucepan. Add the water, cover and bring up to the boil.
- Simmer for 15 minutes until soft, then whiz until smooth using a hand blender.