

BABY'S FAVOURITE...

Yummy
Tummy!



CARROT & BEETROOT PURÉE

Smooth



PURÉED CARROT is one of the best first foods you can give to your baby, because it's **HEALTHY AND DELICIOUS** with no need to add sugar. This recipe introduces the **NATURAL GOODNESS OF BEETROOT**, which makes this purée

not only taste great but **EVEN MORE NUTRITIOUS!**

You can give sliced, steam-cooked sticks of soft beetroot as finger foods too. **BUT, BE WARNED, THEY MAY GET PURPLE FINGERS!**



INGREDIENTS

1 carrot, peeled and chopped
136g of beetroot, peeled and chopped
Baby's milk (optional)

METHOD

1. Put the beetroot into a steamer over simmering water and cook for around 15 mins, add the carrot and cook for a further eight mins until both are tender.
2. Blitz to a purée in a blender or mash with a fork if you want your baby to try lumpier food. Add a splash of milk (or water from the saucepan), if necessary, to create a smooth texture. You may need to scrape the sides of the bowl a few times while blitzing to get a smooth consistency throughout.
3. Serve one portion and divide the rest between small containers or ice cube trays and freeze.