

ZUCCHINI-PEAS-SWEET POTATO PUREE

INGREDIENTS

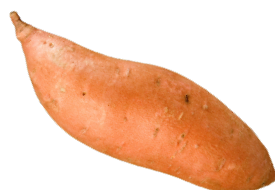
200 ML WATER



100 G ZUCCHINI



50 G SWEET POTATOES



100 G FROZEN PEAS



PREPARATION

PEEL THE ZUCCHINI
REMOVE THE PIPS
CUT IN SMALL PIECES

PEEL THE SWEET POTATO
CUT IN SMALL PIECES

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
IN THE BASKET

COOK

MIX FINELY

FOR BABIES ABOVE 6 MONTH

ADD A TEA SPOON OF OIL
(I USE THE ORGANIC BABY OIL FROM HOLLE)

ADD EVENTUALLY A LITTLE BIT OF CREAM
FOR THE SMOOTHNESS

EMINCE DE VEAU ZURICHOIS PUREE

INGREDIENTS

200 ML WATER



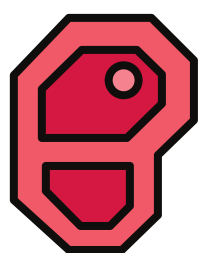
150 G CHAMPIGNON



50 G POTATOES



10 G VEAL



2 TBSP CREAM



1 TSP OIL



PREPARATION

WASH THE ASPARAGUS
PEEL THEM
CUT IN SMALL PIECES

PEEL THE POTATOES
CUT IN SMALL PIECES

PREPARE THE HAM

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
EXCEPT OIL
IN THE BASKET

COOK

ADD OIL

MIX FINELY

TIP

FOR A VEGETARIAN DISH, CANCEL THE VEAL

RASPBERRY-APPLE COMPOTE

INGREDIENTS

200 ML WATER



100 G RASPBERRIES



150 G APPLE



PREPARATION

PEEL THE APPLE
REMOVE THE PIPS
CUT IN SMALL PIECES

WASH THE RASPBERRIES

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD THE APPLE

COOK

ADD THE RASPBERRIES

MIX FINELY

FOR BABIES ABOVE 6 MONTH

ADD EVENTUALLY A TEASPOOP OF PLAIN YOGOURT
FOR THE SMOOTHNESS

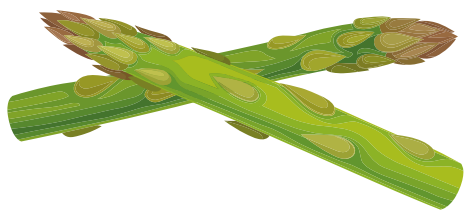
CREAM OF ASPARAGUS WITH HAM PUREE

INGREDIENTS

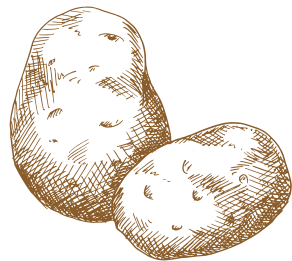
200 ML WATER



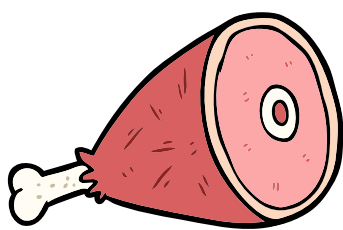
150 G ASPARAGUS



100 G POTATOES



10 G HAM



1 TBSP CREAM



1 TSP OIL



PREPARATION

WASH THE ASPARAGUS
PEEL THEM
CUT IN SMALL PIECES

PEEL THE POTATOES
CUT IN SMALL PIECES

PREPARE THE HAM

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
EXCEPT OIL
IN THE BASKET

COOK

ADD OIL

MIX FINELY

TIP

YOU CAN ALSO USE WHITE ASPARAGUSS

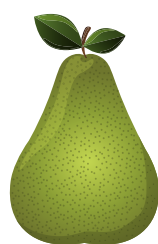
PEAR-SWEET POTATO-VANILLA COMPOTE

INGREDIENTS

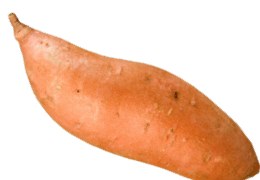
200 ML WATER



150 G PEAR



50 G SWEET POTATOES



A HALF VANILLA POD



PREPARATION

PEEL THE PEAR
REMOVE THE PIPS
CUT IN SMALL PIECES

PEEL THE SWEET POTATO
CUT IN SMALL PIECES

EXTRACT THE VANILLA

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
IN THE BASKET

COOK

MIX FINELY

SPINACH-ZUCCHINI-POTATO PUREE

INGREDIENTS

200 ML WATER



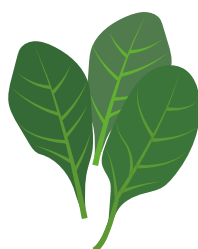
100 G ZUCCHINI



50 G SWEET POTATOES



50 G SPINACH



PREPARATION

PEEL THE ZUCCHINI
REMOVE THE PIPS
CUT IN SMALL PIECES

WASH THE SPINACH

PEEL THE POTATOES
CUT IN SMALL PIECES

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
IN THE BASKET

COOK

MIX FINELY

FOR BABIES ABOVE 6 MONTH

ADD A TEA SPOON OF OIL
(I USE THE ORGANIC BABY OIL FROM HOLLE)

ADD EVENTUALLY A LITTLE BIT OF CREAM
FOR THE SMOOTHNESS

ZUCCHINI-PEAS-CARROT PUREE

INGREDIENTS

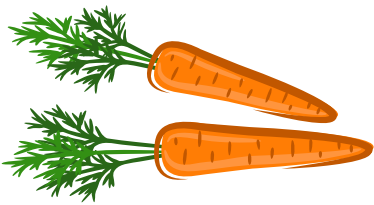
200 ML WATER



100 G ZUCCHINI



50 G CARROT



50 G FROZEN PEAS



PREPARATION

PEEL THE ZUCCHINI
REMOVE THE PIPS
CUT IN SMALL PIECES

PEEL THE CARROT
CUT IN SMALL PIECES

RECIPE

PUT THE WATER
IN THE BABY COOK

ADD ALL THE INGREDIENTS
IN THE BASKET

COOK

MIX FINELY

FOR BABIES ABOVE 6 MONTH

ADD A TEA SPOON OF OIL
(I USE THE ORGANIC BABY OIL FROM HOLLE)

ADD EVENTUALLY A LITTLE BIT OF CREAM
FOR THE SMOOTHNESS