

SPINACH-ZUCCHINI-POTATO PUREE

INGREDIENTS

200 ML WATER



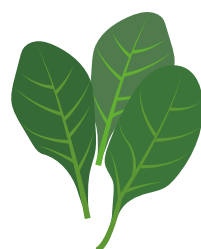
100 G ZUCCHINI



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