

Avocado Banana Puree



This easy avocado banana puree for baby is a creamy, naturally sweet baby food that takes only a few minutes to prepare. With no cooking required, ripe avocado and banana can simply be mashed or blended together into a smooth texture that's easy to adjust as your baby progresses with solids.

Suitable for	: 6 months+
Prep Time	: 105 minutes
Cook Time	: No cooking required
Servings	: 1-2 baby portions

INGREDIENTS

- ½ ripe avocado
- ½ ripe banana
- 1–2 tbsp warm water or baby's usual milk, if needed

HOW TO

1. Prepare the ingredients

- Cut the avocado in half and remove the stone. Scoop the flesh out with a spoon. Peel the banana and cut it into smaller pieces.

2. Mash or blend

- Place the avocado and banana into a clean bowl and mash thoroughly with a fork. For a smoother consistency, transfer both ingredients into a baby food blender and blend until creamy.

3. Adjust the texture

- If the avocado banana puree for baby is too thick, add a small amount of warm water or your baby's usual milk. Add the liquid gradually until you reach your baby's preferred consistency.

4. Serve fresh

- Transfer the puree into a clean baby bowl and serve immediately. There's no need to add sugar, honey or other sweeteners because ripe banana already provides plenty of natural sweetness..