

Avocado Puree



Avocado was one of the easiest first foods for me to prepare because it needs no cooking and becomes naturally creamy when mashed. You only need a ripe avocado and a little water to create a smooth puree that's easy for little ones to eat.

Suitable for	: 6 months+
Prep Time	: 5 minutes
Cook Time	: 5 minutes
Servings	: 2-3 baby portions

INGREDIENTS

- ½ ripe avocado
- 1-3 tbsp warm water, as needed

HOW TO

1. Prepare the Avocado

- Wash and cut the avocado in half. Remove the seed and scoop the avocado flesh into a clean bowl.

2. Mash the Avocado

- Use a fork or baby food masher to mash the avocado until smooth. For babies who are just starting solids, you can also use a baby food blender or food processor to achieve a finer consistency.

3. Add water

- Add warm water one tablespoon at a time, mixing until you reach your baby's preferred consistency. For younger babies starting solids, you may prefer a thinner and smoother puree. As your baby gets used to different textures, you can gradually make it thicker.

4. Serve

- Transfer the baby avocado puree into a clean baby bowl and serve immediately. Avocado is best prepared fresh because it naturally starts to brown after being exposed to air.