

Banana Puree



This easy banana puree for baby is one of the quickest first foods you can prepare. Naturally sweet, soft and creamy, it requires no cooking and can be ready in just a few minutes.

Suitable for	: 6 months+
Prep Time	: 5 minutes
Cook Time	: 5 minutes
Servings	: 1-2 baby portions

INGREDIENTS

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

HOW TO

1. Prepare the banana

- Peel the banana and cut it into a few smaller pieces.

2. Mash until smooth

- Place the banana in a clean bowl and mash thoroughly with a fork or baby food masher. For babies who are just starting solids, you can also blend the banana to achieve a smoother consistency.

3. Adjust the texture

- Add warm water one tablespoon at a time and mix until you reach your baby's preferred consistency. For babies beginning solids, you can make the banana puree smoother and thinner. As your baby progresses with textures, gradually reduce the amount of water and leave the banana slightly thicker.

4. Serve fresh

- Transfer the banana puree for baby into a clean baby bowl and serve immediately. Banana is naturally sweet, so there's no need to add sugar or other sweeteners.