

Potato Puree



Potato was one of the easiest first foods for me to prepare because it becomes naturally soft and smooth after steaming. You only need potato and a little water to create a creamy puree that's easy for little ones to eat.

Suitable for	: 6 months+
Prep Time	: 5 minutes
Cook Time	: 15-20 minutes
Servings	: 1-2 baby portions

INGREDIENTS

- 1 small potato
- 2-4 tablespoons warm water, as needed

HOW TO

1. Prepare the Potato

- Peel the potato and wash it thoroughly. Cut it into small, evenly sized cubes so that it cooks more quickly and evenly.

2. Cook Until Soft

- Steam or boil the potato for around 10-15 minutes, or until it is completely soft and can be easily pierced with a fork.

3. Blend until smooth

- Transfer the cooked potato into a baby food blender or processor.
- Add warm water one tablespoon at a time and blend until smooth.
- For babies who are just starting solids, make the potato puree smoother and thinner. As your baby progresses with textures, gradually use less water for a thicker consistency..

4. Serve warm

- Transfer the potato puree for baby into a clean baby bowl. Allow it to cool to a safe temperature before serving. There's no need to add salt or other seasoning.