

Pumpkin Puree



Pumpkin was one of the easiest first foods for me to prepare because it becomes naturally soft and smooth after steaming. You only need pumpkin 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	: 2-3 baby portions

INGREDIENTS

- 150g fresh pumpkin
- 2–4 tablespoons warm water, as needed

HOW TO

1. Prepare the Pumpkin

- Peel the pumpkin, remove the seeds and cut it into small cubes. Keeping the pieces roughly the same size helps them cook evenly.

2. Steam Until Soft

- Steam the pumpkin for around 15–20 minutes, or until it is completely soft and can easily be mashed with a fork.

3. Blend the Pumpkin

- Transfer the cooked pumpkin to a blender or food processor. Add a small amount of warm water and blend until smooth.

4. Adjust the Texture

- For babies who are just starting solids, add a little more liquid to create a thinner and smoother consistency. As your baby becomes more comfortable with textures, you can gradually make the puree thicker.

5. Cool and Serve

- Allow the baby pumpkin puree to cool to a safe temperature before serving.