

Sweet Potato Puree



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

INGREDIENTS

- 150g sweet potato
- 2–4 tablespoons warm water, as needed

HOW TO

1. Prepare the Sweet Potato

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

3. Blend the Sweet Potato

- Transfer the cooked sweet potato 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 sweet potato puree to cool to a safe temperature before serving.