

# Baby/Toddler Pouches

Purées for baby and toddler food pouches.

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# The Cinnamon Blast



## Ingredients

- 1 apple
- 2 carrots
- 1/2 cup of oats
- 1 tbsp cinnamon
- 1 cup of Greek yoghurt
- 1/8 cup lemon juice

## Method

1. Cook porridge with the oats.
2. Peel and roughly chop apple and carrots, and steam until soft.
3. Put all ingredients in a bowl and blend until smooth.

# The Neon Green



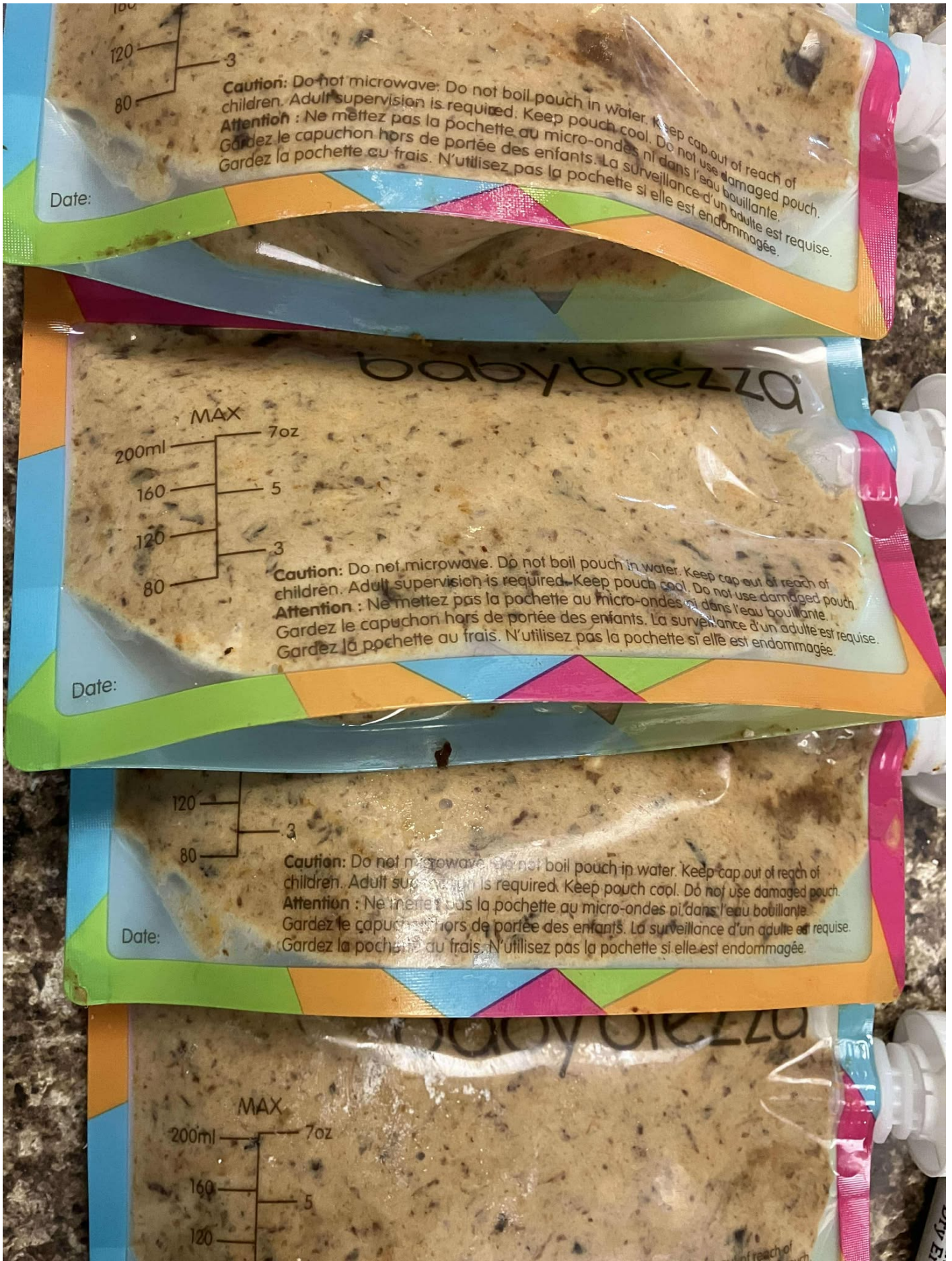
## Ingredients

- 1 cup peas
- 1 head of broccoli
- 1 small zucchini
- 1 cup of spinach
- 1 apple
- 1/8 cup lemon juice

## Method

1. Peel apple, and finely chop apple, zucchini, and broccoli.
2. Steam apple, zucchini, and broccoli until soft.
3. Put all in a bowl and blend until smooth.

# The Poop Inducer



Ingredients

- 1 cup (8oz) prunes
- 1 cup butternut pumpkin cubes
- 1 cup Greek yoghurt
- 1 tsp vanilla
- 1/4 cup apple juice

## Method

1. Steam pumpkin cubes.
2. Put all ingredients in bowl and blend.

# Mary's Favourite

## Ingredients

- 1kg / 2lbs watermelon flesh
- 1 can of pineapple in juice
- 3 apples
- 1 mango (or tinned/frozen equivalent)

## Method

1. Peel and steam the apple until soft.
2. Put all ingredients in bowl and blend until very smooth.