

Potatoes



1 **potato** (about 200 g/7½ oz), such as Maris Piper, peeled and cut into 1 cm/½ inch cubes

Cook the potato in a small saucepan of boiling water for 20 minutes until very tender, then drain, reserving the cooking water. Transfer the potato to a bowl and gradually add 60 ml/2½ fl oz of the reserved cooking water, mashing with a fork between each addition until the purée is loose enough that a little on the end of a spoon falls off sideways without any shaking.

Broccoli



½ small head **broccoli** (about 130 g/4½ oz), cut into small florets

Steam or boil the broccoli in a saucepan over a medium heat for 8 minutes until very tender. Adding 2–3 tablespoons boiled water, purée the broccoli in a food processor, or using a hand blender, until smooth.



You can thin all the purées using your baby's usual milk, if you prefer!

Cauliflower



⅓ small head **cauliflower** (about 140 g/5 oz), cut into small florets

Steam or boil the cauliflower in a saucepan over a medium heat for 8–10 minutes until very tender. Adding 4–5 tablespoons boiled water, purée the cauliflower in a food processor, or using a hand blender, until smooth.

Green beans



100 g/3½ oz **green beans**, trimmed and halved

Steam or boil the beans in a saucepan over a medium heat for about 7 minutes until very tender. Gradually adding 3–4 tablespoons boiled water, purée the beans in a food processor, or using a hand blender, until smooth. Pass the purée through a sieve to remove any fibrous pieces before serving.

Cabbages

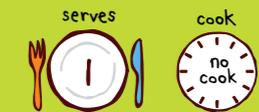


¼ **white cabbage** (about 130 g/4½ oz), cored and finely chopped

Steam or boil the cabbage in a saucepan over a medium heat for about 5 minutes until very tender. Adding 2–3 tablespoons boiled water, purée the cabbage in a food processor, or using a hand blender, until smooth. Pass the purée through a sieve to remove any fibrous pieces before serving.



Avocado



1 very ripe **avocado**, peeled, stoned and chopped

Baby's usual milk (optional)

Using the back of a fork, mash the avocado until completely smooth, adding a little of your baby's usual milk if necessary. Alternatively, purée using a hand blender. (Mashed avocado won't keep, so discard any leftovers.)

Peas



150 g/5½ oz **frozen peas**

Steam or boil the peas in a saucepan over a medium heat for 10–12 minutes until completely tender. Purée the peas with 3–4 tablespoons of boiled water in a food processor, or using a hand blender, until completely smooth. Pass the purée through a sieve to remove any pieces of skin, if necessary.

