

# Mango Puree

Combinations For

# Babies

## Mango and carrot puree

### You will need



1 mango  
(chopped  
cubes)



1 carrot  
(chopped  
pieces)



½ cup fresh  
blueberries

### How to

1. Steam all ingredients until soft.
2. Place the cooled ingredients into a blender and mix with water. Blend until a smooth consistency is attained.

## Mango berry avocado puree

### You will need



1 mango  
(chopped  
cubes)



1 cup  
avocado pulp



½ cup fresh  
blueberries

### How to

1. Steam the mangoes and blueberries until tender.
2. Cool them and blend the three ingredients until soft with water.

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Source: [https://www.momjunction.com/articles/mango-for-baby-benefits-recipes-tips\\_00804133/](https://www.momjunction.com/articles/mango-for-baby-benefits-recipes-tips_00804133/)