



Tips To Make Fruit Purees For Babies



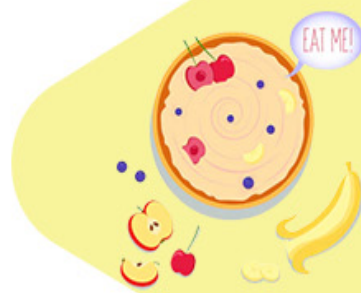
Steam the fruits before pureeing them to preserve their nutrients.

You can either make the puree in a blender or use a fork and do it the traditional way.



Start with a runny consistency of the puree and reduce the water content over time.

When you have soft fruits, pureeing them directly is a preferable choice.



You may mix the fruit puree with breastmilk instead of water.