

Quick And Healthy Breast Milk Purees For Babies

Avocado puree



- 1 Mash fresh raw avocado pulp.
- 2 Mix it with breast milk until you get a smooth paste.
- 3 Serve it to your baby.

Apple puree

- 1 Wash and cut an apple into small pieces.
- 2 Boil them for about ten minutes.
- 3 Blend them into a puree.
- 4 Add breast milk and stir before serving.



Sweet potato puree



- 1 Wash and boil chopped sweet potatoes.
- 2 Peel them and blend them until smooth.
- 3 Add breast milk while blending or serving.

