



Sweet Potato and Carrot Puree

Starting at 6 months of age, infants can start having pureed foods. Start with vegetables, then meats, and lastly fruits.

<u>U.S.</u>		<u>Metric</u>
1 1/2 lb	Sweet Potatoes, peeled, cut into small cubes	680 g
1 cup	Carrots, washed, peeled, sliced into coins	227 g
1/4 cup	Water	59 mL

Preparation:

1. Gather all ingredients and equipment.
2. In a medium pot, boil 3 quarts of water. Add carrots and cook for about 10 minutes or until fork tender. Set carrots aside in a medium bowl.
3. Add sweet potatoes to a pot of boiling water and cook for 10 minutes. Strain and add to carrots.
4. Place the vegetables and water in the blender and puree until smooth. Serve warm.

Nutrition Facts

8 Servings

Serving size 1/2 cup

Amount per serving

Calories 70

Calories from Fat 0

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 55 mg

Total Carbohydrate 17 g

Dietary Fiber 3 g

Total Sugars 5 g

Includes 0 g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 339 mg

Phosphorus 6 mg