



Grow With Me Food Recipes



Recipe Name: **Mango Madness**

Ingredients

Procedure

Select 1 ripe mango. Peel, de-seed and chunk the mango. Place mango chunks into blender or food processor. Add formula, breast milk, or water and blend or mash until desired consistency.

Mango does not need to be cooked as it is typically introduced at an age where baby can tolerate raw fruits. Mango may be steamed to tender and then mashed if you prefer without harming it.
