



Grow With Me Food Recipes



Recipe Name: Peaches

Ingredients

Procedure

You may steam or bake peaches; these methods work for nectarines, plums and pears as well.

Scrub fruit clean and carve an X into 1 side of the fruit. Place X side down in a pan with an inch of water, bring water to a boil and steam until soft and tender. Peel skin from fruit and remove pits and/or seeds.

Halve the fruit and place “open” side down in a pan filled with 1 inch of water.

Bake at 400F until soft and tender and/or puckering of the skin appears. Peel skin from fruit and remove pits and/or seeds then peel off skin and place into your choice of appliance for pureeing and begin pureeing.

Add the reserved water as necessary to achieve a smooth, thin puree, add cereal (if desired) to thicken.



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