



Grow With Me Food Recipes



Recipe Name: Prunes

Ingredients

Procedure

1 small bag of dried prunes (try to use dried fruits whenever possible!)

Soak dried prunes in warm water until they plump up or steam gently.

Once plump and tender, toss into food processor or blender and begin to puree.

Add liquid without sparing any.

Prunes tend to become a pasty gluey consistency when pureed and the more water you add, the easier it is to puree to a texture your baby will tolerate.
