



Grow With Me Food Recipes



Recipe Name: Carrots

Ingredients

Procedure

Peel carrots and cut into small chunks. Place chunks into a steamer pan with just enough water visible through the steamer basket. Steam until tender.

Do not reserve any left over water to use for thinning out the carrots if baby is less than 8 months old as Nitrates may seep into the cooking water.

Place into your choice of appliance for pureeing and begin pureeing. Add water as necessary to achieve a smooth, thin consistency
