



Grow With Me Food Recipes



Recipe Name: [Squash \(Summer / Zucchini\)](#)

Ingredients

Procedure

Select 3-4 small to medium sized yellow squash or zucchini. Choose yellow squash or zucchini that are somewhat small in diameter, as these are the most tender.

Wash squash thoroughly and cut into small slices or chunks. Do not remove skins.

You may remove skins however an infant over the age of 8 months old should be able to digest squash puree with skins on.*

Steam until tender then place into your choice of appliance for pureeing and begin pureeing. Add water as necessary to achieve a smooth, thin consistency

Please ask your child's physician before changing their diet or eating habits and we recommend you introduce one vegetable or fruit at a time per week to see if your child has any negative reaction to the food. Reactions that should be



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documented and reported to the doctor include but not limited to: extreme gas, diarrhea, constipation, vomiting, allergic reaction etc.
