



Grow With Me Food Recipes



Recipe Name: [Scrumptious Sweet Potato](#)

Ingredients

Procedure

The sweet potato makes a great first food for baby due to its nutritious goodness. Along with the super benefit of lots of nutrients, the sweet potato is pleasing to the taste buds, easy to cook and easy to prepare; it is also easy on the tummy and seldom causes digestive upsets.

Preheat the oven to 375 degrees F or 190 degrees C.

Simply take one large sweet potato. Scrub it and prick it with a fork. Bake for about 45 min or so (depending on the size), until it feels soft.

Once cooked, all you need to do is split the potato and scrape out the flesh with a spoon. Then— instant baby food, which doesn't even need pureeing! Just mash it lightly with a fork and you're ready to go.

One large potato will give you about 3 or 4 portions at this early stage.



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