



Grow With Me Food Recipes



Recipe Name: **Avocado**

Ingredients

Procedure

Known as the super fruit! Preparing an avocado for your baby is as simple as 1,2,3! Simply Peel and take out the pit of a ripe avocado, refrain from cooking. Scoop out meat and mash with a fork.

Simple Peel, Mash and Serve!
