

Cantaloupe Melon (Makes 6 portions)

Ingredients

1 ripe melon

Method

1. Cut the melon in half, remove the seeds, scoop out the flesh and purée in a blender.

Notes

Cantaloupes are the small pale yellow melons, with orange flesh. Only give ripe melon. Other varieties of melon such as Galia or Honeydew are also suitable. When your baby is a little older, ripe melon may be used as a good finger food.