

Papaya (Makes 4 portions)

Ingredients

1 medium papaya

Method

1. Cut the papaya in half, remove all the black seeds and scoop out the flesh.
2. Purée, adding a little low protein milk or water.

Note

Papaya is an excellent fruit to give a very young baby. It has a pleasing sweet taste which is not too strong and blends within seconds to a perfect texture.