

Pear (Makes 5 portions)

Ingredients

2 pears/tinned pears in juice

Method

1. Peel, halve and core the pears, then cut into small pieces. Using tinned pears in juices will save on time.
2. Cover with a little water and cook over a low heat until soft, approx. 4 minutes, or steam for the same length of time.
3. Purée.

Notes

After the first few weeks of weaning, you can purée ripe pears without cooking. Apple and pear together makes a good combination.