

Sweet Vegetable Medley (Makes 5 portions)

100g/4oz carrots, peeled and chopped

100g/4oz swede, peeled and chopped

100g/4oz sweet potato or butternut squash, peeled and chopped

50g/2oz parsnip, peeled and chopped

300ml/10 fl. oz water or low protein milk

Method

1. Put the vegetables in a saucepan with the water or low protein milk.
2. Bring to the boil, then cover and simmer for 25-30 minutes or until the vegetables are tender.
3. Drain, reserving the cooking liquid, and purée the vegetables in a blender together with as much cooking liquid as necessary to make the desired consistency.

Note

Root vegetables like swede, carrot and parsnip make a delicious puree for young babies. Butternut squash and pumpkin can also be used to make this puree.