

## PEAR, FIG & CARROT PUREE

### INGREDIENTS

(Makes 8 oz.)

- 1 1/2 pears
- 3 figs
- 1 carrot

### DIRECTIONS

Using Beaba babycook:

1. Roughly chop 3 figs.
2. Peel and chop 1 1/2 pears.
3. Peel and chop 1 carrot into 1/2 inch pieces.
4. Add the figs, pears, and carrots, into the steamer basket.
5. Add 1/2 c. of water and steam.
6. Remove and reserve the steaming liquid.
7. Puree until desired texture. If needed, add some steaming liquid to thin out consistency.

### USING STEAMING BASKET & BLENDER

1. Roughly chop 3 figs.
2. Peel and chop 1 1/2 pears.
3. Peel and chop 1 carrot into 1/2 inch pieces.
4. Add the figs, pears, and carrots, into the steamer basket.
5. Steam for 10 minutes or until tender.