

SWEET PEA PUREE WITH MINT

INGREDIENTS

(Makes 6 oz.)

1 c. peas
Sprig of mint

DIRECTIONS

Using Beaba babycook:

1. Add 1/2 c. of water to Beaba babycook steamer.
2. Add 1 c. of peas into the steamer basket.
3. Optional: place a small sprig of mint into the steamer basket.
4. Steam
5. Remove and reserve the pea broth.
6. Remove the mint.
7. Blend until you have a silky smooth puree. If needed, add some pea broth, breast milk, or formula to thin out consistency.

USING A STEAMING BASKET AND BLENDER/ FOOD PROCESSOR

1. Pour water into a small pot at the height of about 1-2 inches.
- 2 Put the peas in a steamer basket and boil over high heat.
3. Cover and steam until peas are bright green and tender enough to mash with a fork. (5 minutes for fresh peas and 3 minutes for frozen peas.)
4. Remove the peas and place it into a blender or food processor.
5. Blend until you have a silky smooth puree. If needed, add some pea broth, breast milk, or formula to thin out consistency.