

CARROT & MANGO PUREE

INGREDIENTS

(Makes 10 oz.)

3 - 4 large carrots
1/3 c. of mango

DIRECTIONS

Using Beaba babycook:

1. Peel and roughly chop 3 - 4 large carrots in 1/2 inch pieces.
2. Peel and dice 1/3 c. of mango.
3. Add 1/2 c. of water to Beaba babycook steamer.
3. Add the carrots and mango into the steamer basket.
4. Steam
5. Remove and reserve the carrot water.
8. Puree until desired texture. If needed, add some steaming liquid to thin out consistency.

USING STEAMING BASKET AND BLENDER

1. Peel and roughly chop 3 - 4 large carrots in 1/2 inch pieces.
2. Peel and dice 1/3 c. of mango.
3. Add the carrot and mango pieces to the steamer basket and steam for 12 min or until tender.
4. Remove the carrots and mango and place the pieces in a blender. Puree until desired consistency. Add some steaming liquid to thin consistency if needed.