

Baby pear purée

makes 3-4 meals

Have some left over pears? try making some delicious pear purée for your little one. Suitable from 4 months onwards. Anything left over, freeze for a yummy treat for you teething baby. You can use any variety of pear.



What you will need

- 3 medium pears (packham pears used in the recipe)
- 1 cup of full cream milk or formula
- 1 litre of water
- optional: 1 teaspoon of cinnamon

How to make it

- peel 3 pears and dice into 1cm square
- add to a pot with 1 litre of water
- cook on high heat for 20 minutes or until pears are soft
- discard water and let pears cool down
- once pears have cooled add to a blender with 1 cup of milk (add cinnamon if you like)
- blend and refrigerate in an airtight container for up to 3 days
- freeze any leftovers for a delicious teething treat

