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without the need for food aid.*

**INDEPENDENT
FOOD AID
NETWORK**

Mashed Fruit



This recipe is suitable for babies aged 6 months and above. It is generally recommended that vegetables are introduced and accepted before fruits, as babies tend to prefer the sweet taste of fruit.

Equipment

- Tin opener
- Fork
- Bowl
- Ice tray (if storing excess in the freezer) or food container

Ingredients

- 1 tin of peaches in juice not syrup (check the label for look for "BPA-free lining")
- Milk (breastmilk, formula milk, whole milk or unsweetened plant milk) or water for thinning the mixture if necessary

Serving Size

- Start by introducing 1 tablespoon or 1 fully thawed ice cube of the peach mash
- This recipe makes approximately 10 tablespoons.

Steps

1. Open the tin of peaches. Pour out the liquid from the tin and rinse the peaches in water.
2. Pour the peaches into a bowl and mash up with the fork. Make sure there are no big chunks left that the baby could choke on.
3. If the mixture is too thick add a little milk / water and mash again until mixed in. It is ready to serve!
4. If freezing, fill an ice tray with the mash and put into freezer. Otherwise it can be stored in an airtight container in the fridge for 2 days.
5. To defrost, thaw overnight in an airtight container in the fridge.