

\*baby  
recipes

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# pear

|||||||||||||||| makes 2 1/2 cups or about 28 cubes

3 pounds pears, washed, peeled, cored, and cut into 1-inch pieces  
1/3 cup water

Simmer pears in a large covered saucepan with water until tender, 5 to 10 minutes. Drain; reserve cooking liquid. Transfer pears to a blender. Working in small batches, blend until smooth. Add reserved liquid if needed. Pass through a fine sieve for a smooth texture, or mash with a fork. Fill 1/4-cup plastic containers or ice-cube trays with purée.

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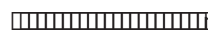
# plum

 makes 3 cups or about 30 cubes

2 pounds ripe plums, pitted and quartered  
1/4 cup water, plus more as needed

Simmer plums with water in a large covered saucepan until tender, about 10 minutes. Transfer plums to a blender. Working in small batches, blend until smooth. Add up to 1/3 cup boiled and cooled water if needed. Pass mixture through a fine sieve for the smoothest texture. Fill 1/4-cup plastic containers or ice-cube trays with purée. Use the same method for peaches, apricots, and other stone fruits.

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## green beans

makes 2 2/3 cups or about 30 cubes

2 pounds green beans  
Formula, breast milk, or water, as needed

Arrange beans on a steamer rack in a large pan over 1 inch of water. Cover, and bring to a boil. Reduce heat. Steam until beans are tender, about 8 minutes. Plunge beans into cold water to stop the cooking. Pulse in a food processor, or pass through a food mill fitted with the medium disk. Add formula, breast milk, or boiled and cooled water as needed. Fill 1/4-cup plastic containers or ice-cube trays with purée.

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## carrots

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1 1/2 pounds organic carrots, peeled if not organic, and cut into 1-inch pieces

Formula, breast milk, or water, as needed

Arrange carrots on a steamer rack in a large pan over 1 inch of water. Cover, and bring to a boil. Reduce heat. Steam until carrots are tender, about 12 minutes. Plunge carrots into cold water to stop the cooking. Pulse in a food processor, or pass through a food mill fitted with the medium disk. Add formula, breast milk, or boiled and cooled water as needed. Fill 1/4-cup plastic containers or ice-cube trays with purée.

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