



# BEETROOT AND BERRIES FRUIT PUREE

SUITABLE FROM 7 MONTHS



PERFECT TO SERVE AS BREAKFAST OR SNACK

## INGREDIENTS

- ½ Cup Beetroot
- 3 Apples
- ¼ Cup of Seasonal  
Blueberries /  
Raspberries /  
Strawberries

## METHOD

- 1 Peel and dice the beetroot
- 2 Core and peel apples
- 3 Add both these ingredients to the BabyWombWorld steamer
- 4 Steam for 15-20 minutes
- 5 Decant the beetroot and apples into the blender jug, keeping some of the water inside to blend
- 6 Add your fresh berries
- 7 Blend until the desired puree texture

### Additional Notes:

Serving this puree fresh is the best, or refrigerate for the next day  
Optional flavour combo: Swap out the apples with pears to create a new flavour profile



You can watch how Marita from Tummies Full of Love makes this Recipe by Scanning the QR code



RECIPE DEVELOPED BY  
MAGIES VOL LIEFDE  
TUMMIES FULL OF LOVE  
♥ Baby & Toddler Food ♥

[www.tummiesfulloflove.co.za](http://www.tummiesfulloflove.co.za)