

PHILIPS
AVENT

4-in-1 healthy baby
food maker

Recipe



Banana, apple and cinnamon puree and french toast fruit fingers



In collaboration with:



Banana, apple and cinnamon puree

Makes: 1 cup (210g)

Freezable, gluten free, wheat free, egg free, dairy free, vegetarian

Nutrition note: Nutritious, soft finger food breakfast options are perfect for babies and toddlers learning to eat. Transform this everyday fruit puree into satisfying 'French style toast fingers' in a few simple steps or enjoy it on its own to sweeten porridge or natural yoghurt.

Ingredients:

- 1 small sweet apple (approx. 130g)
- 1 small banana (approx. 130g)
- 1 pinch of ground cinnamon

French toast fingers

+10 minutes prep
and pan-frying time

Makes: 3 toast fingers

Vegetarian

Ingredients:

- ¼ cup (60g) banana, apple and cinnamon puree
- 1 egg or 60ml of baby's usual milk
- 1 tsp butter (optional)
- 1 slice (30g) thick wholegrain bread*
- 1 tsp pure maple syrup, optional for older kids

Storage: You can store puree in Philips Avent fresh food storage pots in the fridge for up to 3 days. Alternatively, you can freeze individual portions for up to 3 months. French toast is best eaten fresh, but can be kept in the fridge for a few hours.

*Remove crusts.

Steam **15** mins

Total **20** mins

Method

1. Wash, peel and core the apple. Cut the apple into roughly 1cm sized cubes.
2. Remove the lid from the Philips Avent 4-in-1 healthy baby food maker jar and put the apple in. Replace the lid and lock into the right position.
3. Remove the lid of the water tank and pour water in until it reaches the '10/15 min' level.
4. Replace the lid of the jar. Press to lock the jar in the steam position.
5. Set the steam time to '10' minutes. It will start steaming and stop automatically after 10 minutes is reached, giving you peace-of-mind.
6. In the meantime, peel and cut the banana into roughly 1cm sized cubes.
7. Once steaming is complete, turn the steam button back to the 'off' position.
8. When cool enough to touch, remove the lid of the jar and add the cubed banana and a pinch of cinnamon.
9. Flip the jar over. Place the jar on the main unit, rotate it clockwise and lock it in the blend position.
10. Blend 2 or 3 times for 10 seconds each, until the desired consistency is reached.

French toast fingers

1. Follow instructions above to step 10.
2. In a shallow bowl Whisk the banana, apple and cinnamon puree with the egg until well combined.
3. If using butter, melt it in a frying pan over medium heat (if not, use a non-stick frying pan). Dip the bread fingers in the fruit mixture, turning them to coat all sides. Add the bread fingers to the pan and fry for 2-3 minutes each side or until light golden. Carefully transfer the cooked bread fingers to a plate to cool.
4. Serve warm and drizzle with a touch of maple syrup, if desired.