

PHILIPS
AVENT

4-in-1 healthy baby
food maker

Recipe



Pear, apricot and strawberry puree
and fruit & seed breakfast bircher bowl

In collaboration with:



Pear, apricot and strawberry puree

Makes: 1 cup (230g)

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

Nutrition note: Transitioning from smooth purees to textured meals can be a challenge for some babies. To adjust the texture to best suit your baby's preference, simply reduce the quantity of oats or try adding an extra spoonful of puree and/or yoghurt.

Ingredients:

- 2 medium pears (approx. 220g each).....
- 3 fresh or dried apricots* (approx. 35g each).....
- ½ cup strawberries

Breakfast bircher bowl

+ 10 minutes prep
+ overnight soaking

Egg free, vegetarian

Ingredients (per bowl):

- ¼ cup rolled oats*
- ½ tsp chia seeds.....
- ½ tsp sesame (or sunflower, pepitas for older kids).....
- ¼ cup of milk
- 2 tbsp greek or natural yoghurt.....
- 2 tbsp pear, apricot and strawberry puree.....

Storage: The purees can be stored in Philips Avent fresh food storage pots in the fridge for 2-3 days. Alternatively, you can freeze individual portions for up to 3 months. The breakfast bircher bowl can be kept in the fridge for up to 2 days.

Steam **15** mins

Total **20** mins

Method

1. Wash and peel the pears. Wash the apricots and strawberries. Cut the fruits into roughly 1cm size cubes.
2. Remove the lid from the Philips Avent 4-in-1 healthy baby food maker jar and put all of the ingredients 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 '15' minutes. It will start steaming and stop automatically after 15 minutes is reached, giving you peace-of-mind.
6. Turn the steam button back to the 'off' position.
7. Flip the jar over.
8. Place the jar on the main unit. Rotate it clockwise to lock it into the blend position.
9. Blend 2 or 3 times for 15 seconds each, until the desired consistency is reached.

Breakfast bircher bowl

1. Place the rolled oats and seeds in a small bowl. Cover and leave to soak in the fridge overnight.
2. In the morning, top with yoghurt and the fruit puree you prepared in steps 1 to 9 and serve.
3. For older children and adults, sprinkle with chopped or crushed nuts.