

PHILIPS
AVENT

4-in-1 healthy baby
food maker

Recipe



Tropical fruit puree and tropical mini muffins



In collaboration with:



Tropical fruit puree

Makes: 1 cup (230g)

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

Nutrition note: Using simple, seasonal fruit purees to sweeten homemade muffins for babies and toddlers is a wonderful way to keep their refined sugars to a minimum.

Ingredients:

- 1 small sweet apple (approx. 130g).....
- 1 small ripe pear (approx. 180g).....
- ¼ ripe papaya (approx. 160g).....

Tropical mini muffins

+ 15 minutes baking time

Makes: 12 mini muffins

Freezable, dairy free, vegetarian

Ingredients:

- 1 cup (250g) tropical fruit puree.....
- 2 tbsp maple syrup.....
- ½ tsp pure vanilla essence.....
- 1 tbsp extra virgin olive oil or coconut oil.....
- 1 egg.....
- 1 cup (150g) wholemeal self raising flour.....
- ⅓ tsp bicarbonate of soda.....

Storage: You can store 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.

Steam **15** mins

Total **20** mins

Method

1. Wash, peel and core the apple and the pear. Wash the papaya and scoop and remove the seeds. Cut the apple, pear and papaya into roughly 1cm sized 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 10 seconds each, until the desired consistency is reached.

Mini muffins

1. Follow instructions above to step 8.
2. Preheat the oven to 180°C (160°C fan forced) and grease a 12-hole mini muffin tin.
3. In a large mixing bowl, whisk together the tropical fruit puree, maple syrup, vanilla essence, extra virgin olive oil and egg until well combined.
4. Add the flour and bicarbonate of soda. Mix until it just combines.
5. Spoon the batter evenly into the mini muffin pan.
6. Bake for 15 minutes or until golden brown and the tops spring back when touched.