

Drinks

AVOCADO BABY SAVOURY

Once a baby is ready for solids, avocados provide an excellent source of protein, vitamins and minerals.

- 1 Small carrot, grated
- 1 Tablespoon alfalfa sprouts
- 1 Very small lettuce leaf
- Juice of 1 small orange
- ¼ Medium-sized avocado
- 1 Teaspoon tahini paste or peanut paste
- Sprig parsley

Blend carrot, sprouts, lettuce, orange juice until well pureed, stirring down occasionally. Add avocado and tahini or peanut paste and parsley. Puree again until smooth.
