

# FREEZABLE VEGGIE PURÉES

NEW MOTHERS' SUPPORT GROUP

Est. 1994

**NMSG**

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- SUITABLE FROM 6 MONTHS
- NUT FREE
- SUITABLE FOR FREEZING

RECIPE OF THE MONTH

# FREEZABLE VEGGIE PURÉES

## Leeks, cheese & potatoes

- 1 tbsp olive oil
- 1 leek, trimmed and chopped
- 1 tsp thyme leaves
- 10g mature cheddar finely grated

Heat oil over a low heat and cook leeks for 5 minutes until softened. Add potato and thyme, cover with water, bring to the boil, then reduce heat and simmer for 15 minutes. Drain but save the cooking water. Puree the vegetables with the cheese and add 6-7 tbsp of the cooking water until smooth.

Makes 18 ice cubes

## Sweet potato & red peppers

- 1 sweet potato (about 250g), peeled and cubed
- 1/2 small red pepper, deseeded and chopped

Steam or boil the sweet potato over a medium heat for 5 minutes, add the pepper and cook for 10 minutes more until potatoes are tender. Puree altogether with 3-4 tbsp boiled water until smooth.

Makes 17 ice cubes.

Credit to Ella's kitchen The First foods book

# FREEZABLE VEGGIE PURÉES

## *Butternut squash, sweetcorn & peas*

- 400g butternut squash or pumpkin, peeled, seeded and cubed
- 60g frozen peas
- 100g no salt, no sugar, canned sweetcorn

Steam or boil the butternut squash over a medium heat for 10 minutes until almost cooked. Add peas and sweetcorn and cook for 5 minutes more until everything is tender. With a hand blender or food processor puree with 5 tbsp boiled water until smooth.

Makes 21 ice cubes

## *Broccoli, cauliflower & courgettes*

- 150g broccoli
- 150g cauliflower
- 1 courgette
- 1 tsp chopped english or italian parsley

Steam or boil the vegetables over a medium heat for 7-8 minutes until tender. Add the parsley and heat through. Puree with 3-4 tbsp of boiled water until smooth.

Makes 15 ice cubes.

Credit to Ella's kitchen The First foods book