



Recipes



Infant & Toddler

Carrot & Tomato Puree

Recommended for children ten months and older

Prep time: 10 minutes

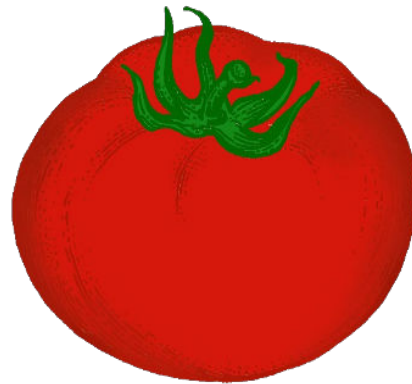
Makes 4 servings

Tools:

- Knife (for teacher's use)
- Cutting board (for teacher's use)
- Vegetable peeler
- Pan
- Blender or food processor

Ingredients:

- 1 large tomato
- 1 large carrot
- 1 tsp butter
- ½ cup of water



Directions:

1. Gather the children for a food activity and show children the ingredients and tools.
2. Have them help wash the carrot and tomato.
3. Peel carrot and chop vegetables into small pieces.
4. Put butter in the pan and sauté the chopped carrot. After 5 minutes add tomato. Cook until warmed and softened all the way through.
5. Have children add the cooked carrot, tomato, and a 1/2 cup of water to the blender or food processor. Blend until smooth. Add more water 1 tablespoon at a time until desired consistency.
6. Serve and enjoy.

