**Puree Carrot and Sweet Potato: Six months +**

**Ingredients**

• 250g carrot   
• 250g sweet potato   
  
**Method**  
**1.** Peel and chop vegetables into small cubes   
**2.** Ideally cook in steamer for 15 to 20 minutes. You can also boil but use minimum amount of water   
**3.** When soft blend the vegetables into a puree using a blender or liquidiser. Add the water from the steamer or the pot   
**4.** Allow to cool and serve warm about 2 to 6 teaspoons although your baby may take more as they become familiar with it   
  
The remainder can be frozen. When your baby is more familiar with the food and managing to take food from the spoon they will generally take 100 to 125 ml of puree per meal time but amounts will vary depending on your baby’s appetite and growth.   
  
**Note:** This simple recipe can be followed for a range of vegetables.

We hope you enjoyed our World Breastfeeding Week insights. Click [**here**](http://blog.concern.net/rain-project-empowering-communities-to-tackle-malnutrition) to learn more about the importance of good nutrition in the first 1000 days of a child’s life.