

## Banana Mash

Monday, 23 March 2009 01:53 - Last Updated Sunday, 11 April 2010 07:20

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### Ingredients

Quantity	Measure	Ingredients	Description
	As Required	Banana	Ripe, Peel and Mash

### Method

Bananas (4)6 months+

Vitamins: A, C, Folate

Minerals: Potassium, Phosphorus, Selenium, Magnesium, Calcium

1. Peel ripe bananas - do not cook
2. Place banana in a food processor/food mill or blender and puree
3. You can also mash the banana in a bowl using a regular fork – heat in microwave for 25 seconds prior to mashing for extra softness
4. Add formula/breast milk or water to thin or add cereal (if desired) to thicken up.

<http://www.wholesomebabyfood.com/FruitRecipes.htm>