



Bitter Vegetables

Broccoli

Method

1. Cut the stem off the broccoli using a small chopping knife.
2. Cut into florets about the size of an adults finger
3. Steam cook in a colander, over boiling water, covered with foil, for around 10 minutes.
4. For mashing place a few pieces of broccoli into a small serving bowl and mash with a fork, allow to cool before serving to baby.
5. For finger food, leave as florets, long enough for baby to pick up.

Cauliflower

Method

1. Cut the main stem off the cauliflower using a small chopping knife.
2. Cut into smaller florets about the size of an adults finger
3. Steam cook in a colander, over boiling water, covered with foil, for around 8-10 minutes.
4. For mashing place a few pieces of cauliflower into a small serving bowl and mash with a fork, allow to cool before serving to baby.
5. For finger food, leave as florets, long enough for baby to pick up.

Courgette

Method

1. Cut the ends off the courgette using a small chopping knife.
2. Peel to remove the skin and cut into lengths the size of an adults finger.
3. Steam cook in a colander, over boiling water, covered with foil, for around 10 minutes.
4. Once cooled remove the seeded part of the courgette as this can be stringy.
5. For mashing place a few pieces of courgette into a small serving bowl and mash with a fork, allow to cool before serving to baby.
6. For finger food, leave as fingers, long enough for baby to pick up.

Spinach

Method

1. Add a small amount of water to a saucepan and boil.
2. You can remove the stalk from the spinach before or after cooking by braking off with hand or using a small knife to remove.
3. Add a handful of spinach leaves to the water and cook for 3 – 4 minutes
4. Remove from pan and place spinach in a jug, along with some of the cooking liquid.
5. Blend using a hand blender until smooth.
6. Allow to cool slightly before serving to baby.

Avocado

Method

1. Cut round the avocado lengthways with a small knife, then pull apart.
2. Run a knife around the stone to pop the stone out.
3. Using a spoon, run this around the edge of the avocado flesh to remove the skin.
4. Cut avocado into finger length pieces to serve as finger food (You can also keep some of the skin on the finger pieces to make it easier for baby to hold)
5. Place some avocado in a bowl and mash to achieve the required texture for baby.

Swede

Method

1. Cut the swede in half using a larger knife.
2. Cut each half into slices.
3. Using a small knife, remove the skin from each slice and cut into finger sized pieces.
4. Steam cook in a colander, over boiling water, covered with foil, for around 20 minutes, you should be able to squidge between thumb and finger.
5. Remove some for serving as finger food.
6. Mash remaining swede using a fork.