

# Spinach



## Ingredients



## You will need



Hand blender



Chopping board



Saucepan



Mixing or serving  
spoon



Small chopping  
knife









Serving bowl





Jug

## Method

	<p>Add water to a saucepan and boil</p>
	<p>You can remove the stalk before or after cooked by braking off with hand or using a small knife</p>
	<p>Add the spinach to the saucepan</p>
	<p>Cook for 3-4 minutes</p>
	<p>Switch hob off, and spoon out the spinach into a jug add a little of the remaining water from the saucepan</p>
	<p>Using a hand blender, blend until you get a smooth texture</p>

## Method

	<p>Spoon into a serving bowl</p>
	<p>All to cool slightly before serving to baby</p>