



Sweeter Vegetables

Sweet Potato

Method

1. Cut the ends off the sweet potato and peel to remove the skin.
2. Cut the sweet potato in half and each half into slices.
3. Cut slices into finger length pieces
4. Steam cook the sweet potato in a colander over boiling water, covered with foil, for around 20 minutes. You should be able to squidge between thumb and finger.
5. Reserve some for serving as finger food.
6. Mash remaining sweet potato using a fork.

Carrot

Method

1. Cut the ends off the carrot and peel to remove the skin.
2. Cut the carrot in half and each half into strips
3. Cut strips into finger length pieces
4. Steam cook carrots in a colander over boiling water, covered with foil, for around 20 minutes. You should be able to squidge between thumb and finger.
5. Reserve some for serving as finger food.
6. Mash remaining carrot using a fork.

Parsnip

Method

1. Cut the ends off the parsnip and peel to remove the skin.
2. Cut the parsnip in half and each half into strips
3. Cut strips into finger length pieces, removing the inner core which can be tough for baby.
4. Steam cook the parsnips in a colander over boiling water, covered with foil, for around 20 minutes. You should be able to squidge between thumb and finger.
5. Reserve some for serving as finger food.
6. Mash remaining parsnip using a fork.