



Apple & Pear Mash

Serves 4

Ingredients

- 1 Apple, peeled & cored
- 1 Pear, peeled & cored

Method

1. Add water to a sauce pan bring to the boil while you prepare the apple and pears.
2. Place a metal colander on top of the sauce pan.
3. Core and peel the apple/pear and cut into finger sized pieces. Place into colander.
4. Cover with tin foil to cook for approx 10 minutes until soft enough to squish between finger and thumb. Reserve some pieces of both apple and pear fingers to serve as finger food.
5. Mash the remaining apple and pear and serve immediately.

The pears and apples can be offered on their own or added to other foods such as porridge or natural unsweetened yoghurt.