

AVOCADO & BUTTER BEAN MASH



RECIPE OF THE MONTH

- *SUITABLE FROM 7 MONTHS*
- *DAIRY FREE*
- *NUT FREE*

AVOCADO & BUTTER BEAN MASH

Ingredients

- A small handful of fresh basil leaves
- ½ an avocado
- 1 400g tin butterbeans (rinsed and drained)
- Small squeeze of lemon
- A splash of water (optional)

Method

1. Finely chop the basil then place into a bowl with the rest of the ingredients (except the lemon and water).
2. Mash together with the back of a fork until you receive a consistency just right for your little one, adding the lemon to taste. Add a little water for a looser texture if desired. Alternatively simply place all ingredients into a blender and blend to a smooth puree.

Credit to <https://www.organix.com/recipes/7-months/avocado-basil-butterbean-mash>