



Use your **Tupperware® SmartSteamer** to prepare delicious, homemade meals for your baby in just minutes.

| FOOD | AMOUNT | SMARTSTEAMER STEAMING TIME | WATER TO ADD* | YIELD |
|-------------------------|---|----------------------------|-----------------|-----------------|
| Sweet Potatoes | 1 lb./455 g; <i>about 4 cups peeled and chopped</i> | 15 <i>minutes</i> | ¾ cup | 2 cups pureed |
| Butternut Squash | 1 medium squash; <i>about 2 lbs./1 kg peeled and chopped</i> | 20 <i>minutes</i> | No water needed | 3 cups pureed |
| Apples | 2 large apples; <i>peeled, cored and chopped</i> | 15 <i>minutes</i> | ¾ cup | 2 cups pureed |
| Carrots | 1 lb./455 g; <i>about 3 cups of baby carrots</i> | 20 <i>minutes</i> | ½ cup | 2 cups pureed |
| Mangos | 2 mangos; <i>about 2 cups peeled and chopped</i> | 12 <i>minutes</i> | No water needed | 1 cup pureed |
| Pears | 2 pears; <i>about 2 cups peeled and chopped</i> | 10 <i>minutes</i> | ¼ cup | 1 cup pureed |
| Peas | 12 oz./350 g; <i>frozen</i> | 15 <i>minutes</i> | ¾ cup | 1 ½ cups pureed |

TIP: Reuse water from the base of the SmartSteamer when preparing your baby food. Preserve the nutrients...and save water!

**The amount of water needed may vary.*

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