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FOOD	AMOUNT	SMARTSTEAMER STEAMING TIME	WATER TO MIX IN AFTER STEAMING	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

*For convenience, use warm water from steamer water tray. Amount of water needed may vary.

Note: Microwave times based on a 1200 watt microwave.

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