



SWEET POTATO APPLE MASH BABY FOOD

SERVINGS: 2-4 | PREP TIME: 10 MINS | COOK TIME: 50 MINS

- Wash sweet potatoes well and poke a few holes at the top of each one.
- Bake potatoes at 400° F for about an hour or until softened to the touch.
- Let cool and remove skin.
- Put cooked sweet potatoes and apple sauce into blender or food processor.
- Process until desired consistency.

3-4 medium sized sweet potatoes

1 1/2 cups organic apple sauce