

Quick and Easy Bananacado

Ingredients

- 1 avocado, peeled and pitted
- 1 banana, peeled



Directions

1. Puree the banana and avocado in a food processor or blender, adding breast milk or water as needed to achieve the desired consistency.
2. If the avocado and banana are very ripe, mash them with a fork, leaving some chunks for your weaner to try some new textures.

