

Yellow Squash and Apple Puree



Ingredients:

- 1 yellow squash, cut in half lengthwise and seeded
- 5 apples, cored and cut into chunks

Directions:

1. Preheat the oven to 400F.
2. Put the squash in a baking pan. Add the apples and just enough water to cover the bottom.
3. Bake for 45 minutes. Allow to cool slightly.
4. Scoop out the squash from the peel.
5. Puree the squash the apples together in a food processor or blender, adding breast milk or water as needed to achieve the desired consistency.

