

## **Baby Food – Squash and Apple Puree**

½ acorn squash, peeled, seeds removed and cut into chunks

1 apple, peeled, cored, and cut into chunks

Cinnamon

Throw the squash and apple chunks into a steamer basket. Put some water in the bottom of the pot and steam until soft, about 20 minutes or so. Take bites of the food to test if they are done enough. Remove the chunks from the steamer basket and put into a food processor. Reserve the liquid used in steaming.

Use the food processor to puree the chunks, adding the reserved liquid to achieve the desired consistency. Add a dash of cinnamon.

Once at the preferred consistency, spoon into ice cube trays and freeze. Each ice cube section holds about two tablespoons worth of puree. When needed, remove the desired number of cubes and microwave in 10 second intervals.