

Baby Food – Yummy Fresh Fruit

$\frac{3}{4}$ cup ripe fruit such as peaches, nectarines, pears, or apricots

1 Tbsp unsweetened fruit juice (not citrus)

Remove skin and seeds. Puree ingredients in blender until smooth. Heat the puree to about 180 degrees F or to a simmering temperature. Let cool, then serve or freeze. Freeze no longer than one month for best quality.