

# MY WEANING COOKBOOK

Lunch/Dinner

## Sweet potato and peanut dip

- Cook time:** 55 mins
- Servings:** 2 servings
- Freezable:** Yes
- Suitable for:** 6 months +
- Allergens:** Peanut & milk (dairy free alternative available)

Adaptable for  
all the family  
to enjoy



Provided by



## Ingredients

- 100g sweet potato
- 100ml **milk** (can use formula, breast milk or any dairy free milk)
- 1/2tsp **peanut** butter

## Method

1. Peel the sweet potato and cut into cubes
2. Roast in the oven for 30–40 mins until soft
3. Blend or mash together sweet potato, peanut butter and milk until smooth

This works well as a purée, or as a dip for baby led weaning. It's also a lovely sauce for chicken or fish. Add a pinch of chilli, squeeze of lime and some coriander for older family members

## Allergen information



Milk



Peanut

(dairy free alternative available)

## Great for...

- Introducing allergens (if you are thinking of introducing them early, always seek advice from your healthcare professional)
- Eating together as a family; including children at your meal times helps them with development and food acceptance
- Baby-led weaning/finger food as a dip
- Experimenting, by adding other vegetables
- A purée for little ones who are not yet ready for finger foods

## My notes:

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