

# Zucchini and Basil Puree

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 1/4 cups coarsely chopped organic zucchini (about 3 small)
- 1/2 (125 mL) cup filtered water
- 3 fresh basil leaves
- Option: I added 1/2 cup fresh strawberries ('tis the season!)

## Instructions:

1. In a saucepan, combine zucchini and water. Bring to a boil over medium heat. Cook until
2. zucchini is soft and most of the liquid is absorbed, about 10 minutes. Let cool.
3. 2. Transfer to a blender or use an immersion blender in the saucepan. Add the basil and puree
4. until smooth. Let cool until warm to the touch before serving or transfer to an airtight container and refrigerate for up to 3 days or freeze for up to 1 month.

## Notes:

Tip from the Best Baby Food Book \*Keeping your baby well hydrated is vital to help prevent constipation. Zucchini, which is 95 percent water, is a good food source of water for your baby. Zucchini also provides folic acid, or folate, which your baby needs for energy production and to create red and white blood cells and keep them functioning well. Folate plays an important role in ensuring that the blueprint of your baby's cell structure (DNA) forms correctly.