

Butternut Squash for Babies & Toddlers



Prep:

2 minutes

Total:

15 minutes

Makes:

5 cups (depending on size of squash)

Utensil:

Blender

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

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Contributed By:

Katherine Lawrence

Making baby food at home in Saladmaster cookware is simple and quick! Butternut squash, and other sweet squashes, are favorites among babies and toddlers alike because of their smooth texture and sweet flavor.

Butternut squash has a wealth of healthy nutrients, vital to healthy development of babies and toddlers. It contains fiber, protein and important antioxidants like beta-carotene. Beta-carotene is a double molecule of vitamin A that helps boost the immune system, develop tissues, strengthen eye sight, etc.

3

tablespoons
water
(45
mL)

1. Wash squash and peel the outside skin.
2. Using the Saladmaster Machine with Cone #2, process squash directly into sauce pan. Add water.
3. Cover and cook over medium heat. When Vapo-Valve? clicks, reduce heat to low and cook for 5 - 10 minutes until squash is tender.
4. Serve as finger food for a toddler. Or, optionally, if preparing for a baby (under 1 year old), transfer squash to blender and process until smooth.

Nutritional Information per Serving

Calories:

408

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

38mg

Total Carbs:

106g

Dietary Fiber:

18g

Sugar:

20g

Protein:

9g