



the
a range™
by sensio
home

a recipes sweet potato, apple & beetroot puree

Ingredients:

- 1 good sized sweet potato
- 1 sweet apple
- 1 beetroot (organic and cooked in natural juice) – this saves on the messy peeling

Method:

- Peel and dice the sweet potato and apple.
- Steam the sweet potato for 15 minutes then add the apple and beetroot, steam for a further 10 minutes until the apple is tender.
- Transfer to a bowl and mash using the Masha until smooth.
- Serve.