



Zucchini



CABARRUS
HEALTH
ALLIANCE

Baby Food: Fresh Zucchini

Ingredients:

Fresh zucchini
Water

Cooking Directions:

1. Take fresh zucchini and chop into smaller pieces (optional: steam in microwave).
2. Place in food processor, add water. Blend. Continue adding water until reaches proper/desired consistency.

How to use:

- Feed in small bites