

# Top 20 Puree combinations with **itsy**



Here is a list of our top 20 tried & tested puree combinations. If you are starting weaning at 6 months, it's important to introduce foods containing critical nutrients like iron, fairly quickly. Offer fruit and veg for the first two weeks and then start introducing protein-rich foods like red meat and oily fish such as salmon. Happy weaning!

## Top 5 fruit puree combinations



Apple and pear with cinnamon



Mango, banana & strawberry



Peach, apple & strawberry



Yoghurt with apricot & banana



Apple, blueberry & pear

## Top 5 veg puree combinations



Sweet potato, carrot & apple



Potato, leek & pea



Sweet potato & spinach



Lentil, squash, broccoli & spinach



Carrot, broccoli & cheese



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## Top 4 fruit & veg puree combinations



Butternut squash, apple & prune



Avocado & banana



Sweet potato, pear & broccoli



Butternut squash & pear

## Top 3 essential fatty acids puree combinations



Salmon, broccoli & spinach



Salmon, squash & dill



Salmon, sweet potato & kale

## Top 3 iron-rich puree combinations



Chicken with apricots & chickpeas



Minced beef with kale & butternut squash



Chicken, avocado & tomato

