

Bana-Cado Smoothie Baby Food Recipe

Ingredients:

3 ripe bananas

3 ripe avocados

1/4 cup of water

Instructions:

Place all ingredients into a high-speed blender. Puree until smooth. Mixture should be thick, yet smooth. Spoon into [reusable food pouches](#) (I use 5 ounce pouches). Store in refrigerator for up to 4 days or freeze until needed.

Makes 5 food pouches.