

Side | Snack

Pureed Sweet Potatoes

Side Effect: Trouble Swallowing

5 Mins
Prep Time

50-60 Mins
Cook Time

2
Servings

115 Calories **0g** Fat **27g** Carbs **2g** Protein



Ingredients

2 Servings **55-65 Mins** Total Time **Allergens: None**

2 Medium Sweet Potatoes

Vegetable Broth, as needed

Seasoning (salt, pepper, cinnamon, etc.)

Nourishment Note



Sweet Potatoes

Sweet potatoes are packed with nutrients including fiber, vitamins, minerals and antioxidants. This makes them a great choice for a pureed food.

Instructions

1. Wash Hands

Wash hands before preparing recipe.

2. Preheat Oven

Preheat oven to 375 °F. Wash sweet potatoes, dry completely and cut in half, lengthwise.

3. Bake Sweet Potatoes

Transfer potatoes to a baking sheet, cut side down, and bake for 50-60 minutes. Remove from oven.

4. Add to Food Processor

When sweet potato is cool enough to handle, use a spoon to scoop out flesh into a blender or food processor.

5. Puree Sweet Potatoes

Puree the sweet potato. Add vegetable broth, as needed, for desired consistency. Top with seasonings of your choice (salt, pepper, cinnamon, etc).

6. Wash Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Knife



Cutting Board



Baking Sheet



Spoon



Blender/Food Processor



Rubber Scraper

Fatigue Buster

- Purchase jarred sweet potato baby food.