

Anita Brown Culinary Coach
Your Personal Guide to Cooking in the Kitchen

Provided By:



Puree of Sweet Potato with Coconut Milk
Yields 14 - 2 Tablespoons servings for 6 months and up

2 medium sweet potatoes
1/3 cup coconut milk
1 tsp. cinnamon

- Preheat oven to 400 degrees
- With a fork, poke several holes in the sweet potatoes.
- Bake for one hour on a sheet of foil to catch drippings.
- Cool potatoes, peel off skins and scoop out the insides into a food processor . Add coconut milk and cinnamon.
- Puree till smooth.
- Allow to cool and eat. OR freeze.

Shopping list: sweet potatoes, coconut milk, cinnamon

Tools: fork, foil, spoon, food processor, bowl or ice cube trays.

ALWAYS consult your pediatrician prior to beginning any new food for your infant. Discuss making homemade baby food with your pediatrician. You may wish to visit the [World Health Organization](#), the [American Academy of Pediatrics](#), [Health Canada](#), [Health Insite - Australia](#) and the [Department of Public Health \(U.K.\)](#) to learn more about baby food and infant feeding