

Collection of delicious avocado recipes for babies

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Avocados are often used in baby food because of their rich, creamy texture and easy-to-work pulp. You can also try some avocado baby food recipes because they are packed with essential nutrients, such as vitamins and minerals, and a balanced amount of fat, all of which are important for growing babies.

When can babies eat avocado?

Solid foods are usually introduced from six months of age and avocados can be a great first food for your baby. Although the creamy texture comes from the fat, it is the 'good' fat that is essential for your baby's development. Avocados are also packed with other important nutrients, making them a superfood for babies.

Health benefits of avocado for children

1. **Maintains a healthy nervous system:** Avocados contain more folic acid (also known as folate or vitamin B9) than many other fruits. Folic acid is essential for the healthy development of the nervous system. It also plays an important role in the development & enhancement of brain function. Therefore, including avocados in your baby's diet will help in the development of the baby's brain and nervous system.

2. **Provides good fats for growth:** The fats in avocados include monounsaturated fatty acids, which help in growth and development of the body. This means you can feed your baby an avocado every day without worrying about him gaining weight.
3. **Good for gross motor skills:** Avocados have more potassium than bananas. Healthy amounts of potassium are essential for normal skeletal muscle function, which determines the development of gross motor skills.
4. **Boosts Immunity:** Avocados contain a number of micronutrients and vitamins. They are rich in vitamin B6, which is essential for maintaining a healthy immune system, thus protecting your baby from many diseases.
5. **Improves eye health:** Avocados are rich in the antioxidants lutein and zeaxanthin, which accumulate in the eyes and improve vision. These antioxidants also help protect the eyes from the degenerative effects of ultraviolet rays from sunlight.



How to choose and preserve avocados

Select:

The avocados you buy at the market are usually not ripe. While adults can eat them, children will not like the slightly bitter taste of unripe fruit.

1. The best way to test if an avocado is ripe is to gently press it into the palm of your hand.
2. A ripe avocado will feel firm, but slightly soft when pressed. An unripe avocado will feel noticeably firm, while an overripe avocado will crack or break when pressed.
3. Choose avocados with dark green skin that feels rough and bumpy to the touch.
4. Look at the flesh after you cut open an avocado at home. The flesh of a ripe avocado is light green and turns yellowish green around the skin.

Preserve:

It is best to eat sliced ??avocados fresh, as the flesh is high in fat and susceptible to bacterial spoilage. Sliced ?? avocados can be stored in pureed and mashed form. To do this, slice and puree the avocado, pour the puree into an ice cube tray, and freeze. Consume within a few days by thawing the fruit before eating. If you plan to store the sliced ??avocado, store it in an airtight container to delay browning.

How to prepare avocado for children

Avocados are best eaten raw. Like bananas, you peel the avocado and eat the flesh. Boiling or directly heating the avocado can make the oil in the flesh taste unpleasant. However, you can roast an avocado. You can also prepare raw avocado flesh for baby food. Here are some different ways to prepare avocados to make them more kid-friendly:

1. You can toast avocados on a regular charcoal grill or in the oven. Cut the avocado in half, remove the pit, and slice lengthwise into thin slices. Toast the avocado slices for three minutes. If you are using the oven, preheat the oven to 400°F (200°C). Place the avocado slices on the grill and toast for ten minutes.
2. To bake, cut the avocado however you like – into slices or small pieces. Preheat the oven to 425°F (218°C). Bake the avocado for 20 minutes.
3. Scoop the fruit flesh onto a plate and mash it with a fork. You can feed the mashed fruit flesh to your baby without further preparation.
4. Pureeing fruit is easy. Place the scooped fruit in a blender, add a little water and blend until desired consistency is achieved.
5. You can blend avocado with formula for added flavor.

Recipes for delicious avocado dishes for babies



Pear and butter sauce

This easy fruit smoothie combines the mild sweetness of pear with the creamy texture of avocado flesh for a delicious combination.

You will need:

1. 1 pear

2. 1 avocado
3. 1-2 cups of water

Making:

Cut out the avocado flesh. Cut the pear into smaller pieces.

Place in a blender. Add water and blend.

To thicken the smoothie, add a little more avocado flesh and a little more water to thin the smoothie.

Mashed avocado and banana

The sweetness of bananas combined with the richness of avocados create this fruity dessert for your little one. Like avocados, bananas are nutritious, easy to digest and hypoallergenic for babies.

You will need:

1. 1 banana 1 avocado

Making:

1. Place the avocado and banana in a bowl. Mash them with a fork.
2. Add a little water if the mixture is too runny, or you can also add a little formula. When the pureed fruit reaches the desired consistency, the dish is ready to enjoy.

Mashed sweet potatoes and avocado

Sweet potatoes pair well with avocados to create a nutritious snack for kids that's naturally sweet.

You will need:

1. 2 cups diced sweet potatoes
2. 1 avocado
3. 4 cups water

Making:

1. Add the sweet potatoes to the pot with water. Boil the sweet potatoes for 25 minutes. You can also cook them in a pressure cooker for four whistles.
2. Strain the sweet potato from the water and let it cool. Place the avocado flesh in a blender and add a cup of water.
3. Place cooked sweet potatoes in a blender and puree. Add more water if needed and blend until desired consistency is achieved.

Mango and avocado smoothie

You can combine this delicious tropical fruit with avocado to make a smoothie or puree.

You will need:

1. 1 mango
2. 1 avocado
3. 1 cup water

Making:

1. Peel the mango and scoop the flesh into a blender. Add the avocado flesh as well.
2. Add a little water and puree until desired consistency is achieved.
3. You can also add formula instead of water to make a mango avocado smoothie.

Pureed chicken and avocado

Combine protein-rich chicken with the good fats of avocado for a baby-friendly meal.

You will need:

1. 1 1/2 cups boneless chicken
2. 1 avocado
3. 4-5 cups water

Making:

1. Boil the chicken for 25 minutes over medium heat or cook in a pressure cooker for up to four hours.
2. Let chicken cool. Do not pour off broth (chicken water).
3. Scoop the avocado flesh into a blender. You can add the flesh directly or bake it in the oven at 425°F (218°C) for 20 minutes.
4. Add butter and chicken, along with broth, to blender.
5. Blend until chicken and butter are well blended.

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