

BUTTERNUT MAC 'N' CHEESE

STAGE
2

Makes approx 400g

7-9
MONTHS

Benefits for Baby

"Sage is known to enhance digestion, strengthen bones and teeth and also boasts its anti-oxidant and anti-inflammatory properties."

READY IN
30
MINUTES

INGREDIENTS:

- 900g butternut squash, chopped
- ½ teaspoon garlic powder
- 1 teaspoon sage, finely chopped
- Pinch of nutmeg
- 100g cooked macaroni
- 60g grated cheddar

METHOD:

1. Place the butternut into the Baby Brezza with garlic powder, sage and a pinch of nutmeg so the flavour is infused, and "Steam" for 20 minutes.
2. "Blend" for approximately 20 seconds, until smooth.
3. Add cooked macaroni, cheese and a little cream (optional).
4. "Blend" until desired consistency is achieved.



Zenia's

TASTE AND TEXTURE ENHANCERS:

Herbs: rosemary, thyme
Nuts: cashews
Flavour: small pinch of black pepper
Creaminess: cream, ricotta, parmesan, grated cheddar
Crispiness: top with breadcrumbs and cheese, bake