

## Ingredients

Quantity	Measure	Ingredients	Description
	As Required	Papaya	Fully ripe and

## Method

Papaya

6-8months+

Vitamins: A, C, Folate

Minerals: Potassium, Calcium

To prepare a papaya (ensure it is fully ripened!), peel, de-seed and then mash into a consistency your baby will tolerate.

Some parents who have infants with sensitive tummies will give fruits a gentle steaming to help break down the sugars and fibers for easier digestion. If you feel this is the case for your infant, chunk the papaya and then steam for 5-10 minutes until very soft.

[http://www.indiaparenting.com/diet/data/diet16\\_04.shtml](http://www.indiaparenting.com/diet/data/diet16_04.shtml)

For more recipes visit the above website.