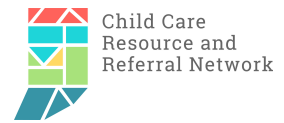


# Creamy Avocado and Banana Mash



## Ingredients

½ avocado, mashed

½ banana, mashed

*Optional:*

Breast milk, formula or milk (as needed for thinning)

## Instructions

In a bowl, mash together the avocado and banana until smooth. If the mash is too thick for your child, add a little breast milk, formula or milk to thin it out. Serve on a plate or by spoon.

*Scan the QR code or visit [FamilyResourceNavigator.org/FoodforThought](https://FamilyResourceNavigator.org/FoodforThought)  
for additional recipes and healthy eating tips.*

