

Fruit Puree with Yogurt

Nutritious banana and pear puree with yogurt perfect for babies 7+ months. Easy 10-minute recipe packed with protein, vitamins, and natural sweetness.

10 min

PREP

10 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 0.5 banana
- 0.5 pear
- 4 tbsp plain yogurt

Instructions

1 Prepare the banana

Peel 0.5 banana and place in a medium bowl. Mash thoroughly with a fork until completely smooth and creamy with no lumps remaining.

2 Prepare the pear

Wash 0.5 pear under cold running water. Peel completely and remove the core. Grate the pear flesh using the fine holes of a box grater.

3 Combine and serve

Add the grated pear to the mashed banana and mix gently with a spoon. Stir in 4 tablespoons plain yogurt until well combined and smooth. Serve immediately.

Tips

Choose ripe but firm pears that yield slightly to gentle pressure – they should be sweet but not mushy. Asian pears work wonderfully in this recipe for their naturally sweet flavor and smooth texture.

Use very ripe bananas with brown spots on the peel, as they're sweeter and easier to puree. Overripe bananas also blend more smoothly and require less mashing.

Always use plain, whole-milk yogurt for babies unless otherwise directed by your pediatrician. The fat content is important for brain development in growing infants.

Taste the mixture before serving to ensure it's not too tart. If needed, add a bit more banana to naturally sweeten the puree without adding sugar.

Introduce each ingredient separately before combining them to identify any potential allergies or sensitivities your baby might have.

Start with very small portions – about half a teaspoon – and gradually increase as your baby shows interest and tolerance for the new flavors and textures.

Keep the puree at room temperature for serving, as very cold foods can be shocking to babies and may cause them to reject the meal.

If the mixture seems too thick, thin it with a small amount of breast milk, formula, or water to achieve your baby's preferred consistency.