



Delicious Pear Recipes For Babies And Toddlers

Pears-avocado mash



- Boil fresh chopped pears in water until soft.
- Scoop out the flesh of an avocado and mash it.
- Mix pureed pear with mashed avocado.

Pear cookies with banana and oats



- Add mashed banana and very thinly sliced ripe pear in a bowl.
- Add quick oats, cinnamon powder, and apple juice to form a thick mixture.
- Shape into cookies and bake in an oven until they turn brown.

Pear jam



- Steam chopped ripe pears with sugar until soft.
- Blend to form a puree.
- In a heavy bottom pan, cook the puree with ginger water to a thick consistency.
- Add lemon juice and cinnamon powder, and turn off the heat.
- Cool and transfer to an airtight container.