

SWEETPOTATO PORRIDGE: A WEANING FOOD FOR BABIES



1. Simple Sweetpotato porridge

Ingredients:

- 1 cup of steamed and mashed orange-fleshed sweetpotato
- 3 tablespoons of coconut milk or 1 teaspoon of cooking oil
- 1 tablespoon of juice from an orange

Method

Mix in the coconut milk or oil into the mashed sweetpotato and if it is very thick, add some clean water. Do not add sugar. The sweetpotato is sweet enough by itself. Then add in the orange juice; mix well and serve.

2. Orange-fleshed sweetpotato and bean porridge

Ingredients:

- 1 cup of steamed and mashed orange-fleshed sweetpotato
- 3 tablespoons of coconut milk or 1 teaspoon of cooking oil
- 3 tablespoons of juice from an orange
- ½ cup of cooked and mashed beans

Method

Mix together the coconut milk or oil, mashed beans and mashed sweetpotato. Add in the orange juice and mix. Add just a little clean water if it is very thick.

3. Orange-fleshed sweetpotato and egg porridge

Ingredients:

- 1 medium sized OFSP root, peeled and cut into round slices
- 3 tablespoons of coconut milk or 1 teaspoon of cooking oil
- 1 egg
- 2 tablespoons of juice from an orange

Method

Put the cut up sweetpotato into a pan and break the egg on top of the slices. Add the coconut milk or oil and 5 tablespoons of water. Cover the pan and let the mixture cook by steaming. Stir occasionally to prevent burning. If it gets too dry before being fully cooked, add 5 more tablespoons of water and 2 more tablespoons of coconut milk. Once cooked, mash the mixture in the pan. Then add the orange juice and mix.

4. Orange-fleshed sweetpotato roots and leaves with groundnuts

Note that sweetpotato leaves are very rich in lutein and have many other micronutrients.

Ingredients:

- 1 medium sized OFSP root, peeled and cut into round slices
- A handful of sweetpotato leaves cut into small pieces
- 3 tablespoons of ground, roasted groundnuts or cashew nuts
- 1 tablespoon of juice from an orange

Method

Put the sweetpotato pieces and the groundnuts, leaves, and 5 tablespoons of water into a pan. Cover the pan and let the mixture cook by steaming. Stir occasionally to prevent burning. If it gets too dry before being fully cooked, add 7 more tablespoons of water. Once cooked, mash the mixture in the pan. Then add the orange juice and mix.

If sweetpotato leaves are not available, substitute with another dark, green leaf.