



Grated Baby Foods – Baby Bites Stage 1 Food

6 Portions • 1 Portion = 1 Ounce

INGREDIENTS

- 1 fresh, frozen, or canned apples, carrots, nectarines, pears, or sweet potatoes

DIRECTIONS

1. Rinse the fruit or vegetable of choice under cold running water and pat dry.
2. Peel the produce to remove the tough outer layer, if needed.
3. Grate the fruits with the smallest side of the grater. Use caution, especially when the fruit is small.
4. Cook the grated fruit in a saucepan on medium to high heat for 3-5 minutes to soften the produce.
5. Allow to cool and divide into 1 ounce serving containers. Serve immediately, store in refrigerator for up to two days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts	
6 servings per container	
Serving size	1 ounce (22g)
Amount per serving	
Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D --mcg	--%
Calcium 3mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

chefs.org

@CHEFSanAntonio

