

Mashed Fruits and Vegetables – Baby Bites Stage 2 Food

4 Portions • 1 Portion = 1 Ounce



INGREDIENTS

- 1 avocado, banana, butternut squash, kiwi, or potato
- Sodium free seasonings of choice such as basil, cinnamon, cumin, curry powder, dill, garlic powder, ginger, nutmeg, onion powder, oregano, paprika, or parsley

DIRECTIONS

1. If the produce has a tough neutral texture (butternut squash or potato), add to a saucepan with water. Boil until produce is fork tender. Remove from heat, drain, and allow to cool.
2. Mash the produce with a fork until lumpy.
3. Add a small pinch of sodium-free seasoning of choice.
4. Divide into 1 ounce servings. Serve immediately, store in the 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

4 servings per container
Serving size **1 ounce (30g)**

Amount per serving
Calories 25
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 106mg	2%

*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.

* Nutrition Facts Label created for
mashed banana, cinnamon, and nutmeg

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