



Peanut Butter, Banana, and Quinoa Baby Cereal – Baby Bites Stage 3 Food

4 Portions • 1 Portion = ¼ Cup

INGREDIENTS

- ½ cup quinoa, cooked
- 1 cup water
- ¼ cup breastmilk, formula, water, or broth
- 1 Tablespoon smooth peanut butter
- ½ cup banana
- ¼ teaspoon cinnamon

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Add extra liquid in ¼ cup increments depending on desired consistency and child's stage of texture development.
2. Divide into ¼ cup 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	1/4 cup (50g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 89mg	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.

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