

Pureed Fruits and Vegetables – Baby Bites Stage 1 Food

12 Portions • 1 Portion = 1 Ounce



INGREDIENTS

- 2 cup fresh, frozen, or canned asparagus, blueberries, peas, mangoes, or spinach
- ¼ cup breastmilk, formula, water, or broth

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. Boil produce in water for 5-10 minutes or until a fork can easily go through produce. Drain water from the produce once cooked through.
4. Add the produce to a blender or food processor. Blend until smooth. Add ¼ cup of water or more to reach desired consistency.
5. Divide into 1 ounce containers. 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

12 servings per container

Serving size 1 ounce (27g)

Amount per serving

Calories **20**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 34mg 0%

*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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