



Pureed Lentils or Legumes – Baby Bites Stage 1 Food

6 Portions • 1 Portion = 2 Ounces

INGREDIENTS

- 3 cups water
- 1 cup red or yellow lentils
- ¼ cup breastmilk, formula, water, or broth

DIRECTIONS

1. Place lentils in a colander and rinse with cool, running water.
2. In a saucepan or pot, bring water to a boil. Add lentils. Reduce heat to a medium-low, cover, and simmer until lentils are tender. Stir occasionally.
3. Remove lentils from heat and allow to slightly cool.
4. Add lentils and an extra ¼ cup of your liquid of choice to a blender or food processor. Blend until smooth.
5. Divide into 1 ounce servings. Serve immediately, store in refrigerator for up to two days, or store in the freezer for up to two months for best food safety practices. 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 2 ounces (41g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D --mcg	--%
Calcium 14mg	2%
Iron 2mg	10%
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.

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