



1<sup>st</sup> Baby Food

## Peas

Shine 365  
Marshfield Clinic

**PREP TIME:** 5 minutes • **COOK TIME:** 15 minutes • **SERVINGS:** 12

### INGREDIENTS

- 3 cups frozen peas
- ½ cup formula or water

### INSTRUCTIONS

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add peas, cover and steam until tender, about 15 minutes.

Place peas and formula or water in a blender or food processor and puree until creamy. Strain the mixture through a fine-mesh sieve to remove any lumps.

Spread pea mixture into an ice cube tray, cover with plastic wrap and freeze until solid, 2 to 3 hours. Transfer frozen cubes to a resealable plastic bag and store in the freezer for up to 2 months.

To serve, heat cubes in the microwave for about 30 seconds until warm but not hot. Stir thoroughly.

### NUTRITION INFORMATION

Each serving contains about 47 calories; 0.6 g total fat; 8.4 g carbohydrate; 1 mg cholesterol; 2.4 g protein; 2 g dietary fiber; 36 mg sodium.